



Bacon and Potato Breakfast Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 slices bacon cut into 1-inch pieces
- 4 eggs
- 2 tablespoons parsley fresh chopped
- 0.3 cup milk
- 9 oz potatoes green frozen with garlic & herbs giant®
- 8 oz regular crescent rolls refrigerated pillsbury® canned
- 6 oz cheddar cheese shredded

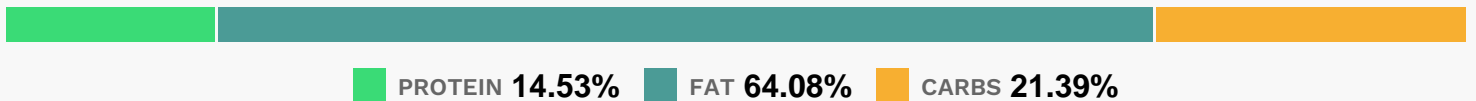
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. Unroll dough in pan; press in bottom and 1/2 inch up sides to form crust; press perforations to seal.
- Bake 5 minutes.
- Meanwhile, cut small slit in center of roasted potatoes pouch; microwave on High 2 to 3 minutes or until thawed.
- Remove potatoes from pouch; cut larger pieces in half.
- In medium bowl, beat eggs. Stir in milk, bacon, 1 cup of the cheese, the thawed potatoes, salt and pepper.
- Spoon potato mixture evenly over crust.
- Sprinkle remaining 1/2 cup cheese and the parsley over top.
- Bake 20 to 25 minutes or until set and edges are golden brown. To serve, cut into squares.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:4.41, Inflammation Score:-3, Nutrition Score:8.8878260695416%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 340.19kcal (17.01%), Fat: 24.51g (37.71%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.67g (6.43%), Sugar: 3.73g (4.15%), Cholesterol: 118.84mg (39.61%), Sodium: 544.82mg

(23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Selenium: 17.48µg (24.98%), Phosphorus: 201.65mg (20.16%), Calcium: 181.46mg (18.15%), Vitamin K: 17.61µg (16.77%), Vitamin B2: 0.24mg (13.96%), Vitamin B6: 0.21mg (10.59%), Zinc: 1.47mg (9.79%), Vitamin B12: 0.59µg (9.77%), Vitamin C: 7.61mg (9.23%), Vitamin A: 441.33IU (8.83%), Vitamin B1: 0.11mg (7.18%), Potassium: 245.35mg (7.01%), Vitamin B5: 0.68mg (6.83%), Iron: 1.18mg (6.54%), Vitamin B3: 1.27mg (6.36%), Folate: 21.43µg (5.36%), Vitamin D: 0.77µg (5.12%), Magnesium: 20.08mg (5.02%), Copper: 0.07mg (3.41%), Vitamin E: 0.5mg (3.34%), Manganese: 0.06mg (3.08%), Fiber: 0.73g (2.94%)