



Breakfast Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



2981 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 tablespoons butter
- 4 eggs lightly beaten
- 1 teaspoon penzey's southwest seasoning italian
- 2 cups jack cheese blend shredded (recommended: Colby)
- 1 tablespoon olive oil extra-virgin
- 0.3 cup parmesan shredded
- 16 inch pizza crusts (recommended: Boboli)
- 4 turkey sausage patties crumbled fully cooked (recommended: Jimmy Dean)
- 1 medium tomatoes diced

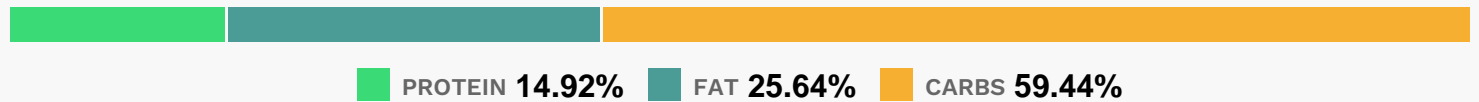
Equipment

- frying pan
- oven
- grill

Directions

- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- In a medium pan over medium heat, scramble eggs in butter; set aside.
- Lay out pizza crusts and brush each with oil. Top with eggs, cheese, crumbled sausage, Parmesan, tomatoes, and Italian seasoning.
- Slide onto hot oiled grill and cook, covered, 8 to 10 minutes or until cheese has melted and begins to bubble.
- Serve hot, cut into wedges.
- INDOOR: Preheat oven to 450 degrees F. Prepare pizza as directed.
- Bake in preheated oven for 8 to 10 minutes or until cheese is melted and begins to bubble.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:24.105217373889%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 2980.74kcal (149.04%), Fat: 84.5g (129.99%), Saturated Fat: 41.55g (259.69%), Carbohydrates: 440.71g (146.9%), Net Carbohydrates: 426.47g (155.08%), Sugar: 14.98g (16.64%), Cholesterol: 263.86mg (87.96%), Sodium: 5612.56mg (244.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.58g (221.17%), Iron: 26.58mg (147.65%), Calcium: 1358.47mg (135.85%), Fiber: 14.23g (56.93%), Phosphorus: 448.53mg (44.85%), Selenium:

23.2µg (33.14%), Vitamin B2: 0.5mg (29.7%), Vitamin A: 1192.35IU (23.85%), Zinc: 3.43mg (22.86%), Vitamin B12: 1.31µg (21.81%), Vitamin B6: 0.29mg (14.26%), Vitamin D: 1.8µg (12.02%), Vitamin B3: 2.31mg (11.55%), Vitamin B5: 1.15mg (11.46%), Vitamin E: 1.63mg (10.85%), Vitamin B1: 0.16mg (10.53%), Vitamin K: 9.96µg (9.48%), Folate: 37.72µg (9.43%), Potassium: 298.53mg (8.53%), Magnesium: 34.11mg (8.53%), Vitamin C: 4.52mg (5.48%), Copper: 0.1mg (5.06%), Manganese: 0.08mg (4.1%)