



Breakfast Pizza

READY IN



25 min.

SERVINGS



8

CALORIES



467 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 large eggs
- ☐ 1 pound sausage meat hot
- ☐ 32 oz hash browns frozen with onions and peppers
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Unroll crescent roll dough, and press on bottom and partially up sides of a 13- x 9-inch baking dish; press perforations to seal.
- ☐ Bake at 375 for 5 minutes.
- ☐ Cook sausage in a large skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.
- ☐ Drain well, and sprinkle evenly over crust.
- ☐ Prepare frozen hash browns according to package directions, and spoon evenly over sausage.
- ☐ Sprinkle shredded cheese evenly over hash browns. (Cover and chill up to 24 hours, if desired.)
- ☐ Whisk together eggs and next 3 ingredients; pour evenly over cheese.
- ☐ Bake at 350 for 30 to 35 minutes or until set.

Nutrition Facts



■ **PROTEIN 15.97%** ■ **FAT 56.28%** ■ **CARBS 27.75%**

Properties

Glycemic Index:19.5, Glycemic Load:6.12, Inflammation Score:-3, Nutrition Score:12.060434740523%

Nutrients (% of daily need)

Calories: 467.42kcal (23.37%), Fat: 29.51g (45.4%), Saturated Fat: 11.5g (71.9%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.13g (11.32%), Sugar: 3.71g (4.12%), Cholesterol: 149.78mg (49.93%), Sodium: 1032.48mg (44.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.68%), Phosphorus: 259.63mg (25.96%), Vitamin B3: 4.6mg (22.99%), Vitamin B1: 0.29mg (19.25%), Selenium: 12.31µg (17.58%), Vitamin B6: 0.33mg (16.7%), Vitamin B2: 0.28mg (16.64%), Zinc: 2.37mg (15.83%), Vitamin B12: 0.94µg (15.61%), Potassium: 533.77mg (15.25%),

Calcium: 149.8mg (14.98%), Iron: 2.57mg (14.29%), Vitamin B5: 1.25mg (12.47%), Vitamin C: 9.7mg (11.75%), Vitamin D: 1.49µg (9.93%), Manganese: 0.19mg (9.71%), Copper: 0.17mg (8.72%), Magnesium: 29.28mg (7.32%), Vitamin A: 344.45IU (6.89%), Fiber: 1.62g (6.48%), Folate: 19.84µg (4.96%), Vitamin E: 0.49mg (3.23%)