



Breakfast Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 ounce crescent dinner roll dough refrigerated reduced-fat canned
- ☐ 8 ounce carton egg substitute
- ☐ 0.3 cup milk fat-free
- ☐ 1 cup hash brown potatoes shredded frozen thawed
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese fat-free shredded
- ☐ 12 ounces turkey breakfast sausage

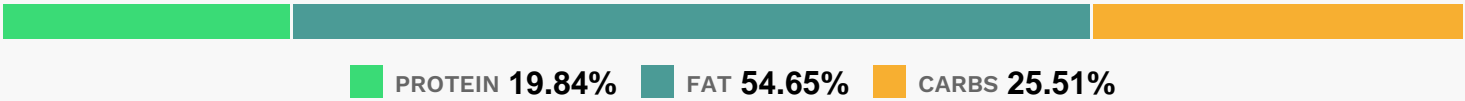
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pizza pan

Directions

- ☐ Preheat oven to 37
- ☐ Separate dough into triangles. Press triangles together to form a single round crust on a 12-inch pizza pan coated with cooking spray. Crimp edges of dough with fingers to form a rim.
- ☐ Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble.
- ☐ Drain.
- ☐ Top prepared dough with sausage, potatoes, and cheese.
- ☐ Combine milk, salt, pepper, and egg substitute, stirring with a whisk. Carefully pour milk mixture over sausage mixture.
- ☐ Sprinkle with Parmesan.
- ☐ Bake at 375 for 25 minutes or until crust is browned.

Nutrition Facts



Properties

Glycemic Index:18.91, Glycemic Load:1.47, Inflammation Score:-3, Nutrition Score:8.556956400042%

Nutrients (% of daily need)

Calories: 292.19kcal (14.61%), Fat: 17.98g (27.67%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 18.52g (6.73%), Sugar: 5.21g (5.79%), Cholesterol: 33.26mg (11.09%), Sodium: 940.29mg (40.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.37%), Phosphorus: 239.75mg (23.97%), Selenium: 15.14µg (21.63%), Calcium: 149.95mg (14.99%), Vitamin B2: 0.25mg (14.54%), Vitamin B1: 0.19mg (12.65%), Vitamin B3: 2.52mg (12.59%), Zinc: 1.81mg (12.07%), Vitamin B12: 0.68µg (11.27%), Vitamin B6: 0.21mg (10.45%), Iron: 1.7mg (9.46%), Vitamin B5: 0.87mg (8.74%), Potassium: 295.86mg (8.45%), Vitamin D: 1.1µg (7.31%), Vitamin A:

329.18IU (6.58%), Magnesium: 19.72mg (4.93%), Vitamin E: 0.57mg (3.82%), Copper: 0.06mg (3.2%), Vitamin C: 2.59mg (3.14%), Folate: 10.08µg (2.52%), Manganese: 0.05mg (2.35%), Fiber: 0.38g (1.5%)