



Breakfast Pizza Cups

READY IN



30 min.

SERVINGS



12

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1.3 cups egg substitute
- ☐ 0.5 cup skim milk fat-free
- ☐ 0.5 pound pd of ground turkey lean
- ☐ 0.5 cup hash browns frozen thawed
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 27.6 oz pizza dough refrigerated canned
- ☐ 1.5 cups tomato sauce
- ☐ 2 oz sharp cheddar cheese shredded 2% reduced-fat

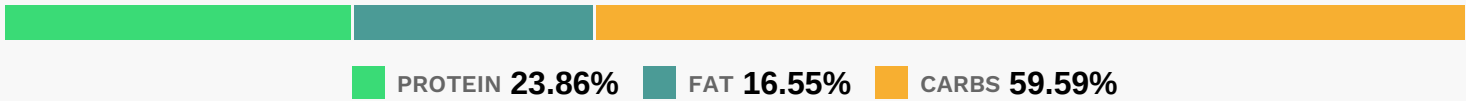
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Cook sausage in a large skillet over medium-high heat 10 minutes or until sausage crumbles and is no longer pink.
- ☐ Drain well on paper towels, and set aside.
- ☐ Roll or pat 1 can pizza dough into a 15- x 10-inch rectangle on a lightly floured surface; cut into 6 (5-inch) squares. Press squares into lightly greased muffin cups, skipping every other muffin cup. Repeat procedure with remaining can of pizza dough.
- ☐ Spoon sausage evenly into crusts; sprinkle evenly with hash browns and Cheddar cheese.
- ☐ Stir together egg substitute and next 2 ingredients; pour evenly into pizza cups, and sprinkle with grated Parmesan cheese.
- ☐ Bake at 375 for 18 to 20 minutes or until golden.
- ☐ Serve with pizza sauce.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:1.17, Inflammation Score:-3, Nutrition Score:7.0160870137422%

Nutrients (% of daily need)

Calories: 234.4kcal (11.72%), Fat: 4.38g (6.75%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 33.94g (12.34%), Sugar: 6.16g (6.85%), Cholesterol: 16.15mg (5.38%), Sodium: 727.57mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.45%), Selenium: 16.55µg (23.64%), Iron: 2.79mg (15.52%), Vitamin B6: 0.24mg (12.14%), Vitamin B3: 2.33mg (11.67%), Phosphorus: 111.16mg (11.12%), Vitamin B2: 0.17mg (10.27%), Calcium: 78.32mg (7.83%), Vitamin B5: 0.76mg (7.63%), Potassium: 247.39mg (7.07%), Fiber: 1.57g

(6.26%), Zinc: 0.92mg (6.13%), Vitamin E: 0.89mg (5.94%), Vitamin A: 269.07IU (5.38%), Vitamin B12: 0.3µg (5.03%), Magnesium: 17.62mg (4.4%), Vitamin B1: 0.06mg (4.33%), Vitamin D: 0.62µg (4.14%), Vitamin C: 2.99mg (3.62%), Copper: 0.06mg (3.14%), Manganese: 0.05mg (2.62%), Folate: 9.87µg (2.47%), Vitamin K: 1.07µg (1.02%)