

Breakfast Pizza I

 Popular

READY IN



40 min.

SERVINGS



2

CALORIES



1632 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 eggs
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 pound ground breakfast sausage
- ☐ 1 cup hash brown potatoes frozen thawed
- ☐ 0.3 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 0.5 teaspoon salt

☐ 1 cup cheddar cheese shredded

Equipment

☐ frying pan

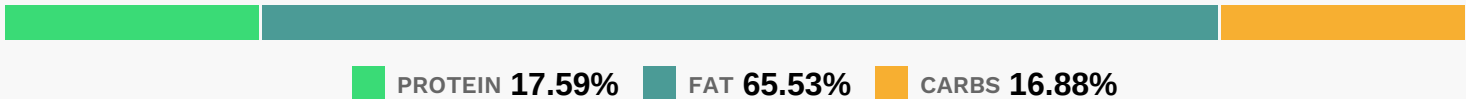
☐ oven

☐ pizza pan

Directions

- ☐ Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside. Preheat oven to 375 degrees F (190 degrees C).
- ☐ Brown sausage and drain. Separate crescent roll dough into 8 triangles.
- ☐ Place in an ungreased 12 inch pizza pan with points toward the center. Press together to form a crust. Bottom of crust should be sealed and outside edge should be slightly raised. Spoon sausage over crust.
- ☐ Sprinkle with hash browns and top with cheddar cheese.
- ☐ Beat together eggs, milk, salt and pepper; pour over crust.
- ☐ Sprinkle with parmesan cheese.
- ☐ Bake in preheated oven until eggs are set, about 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:6.24, Inflammation Score:-7, Nutrition Score:38.271304762882%

Nutrients (% of daily need)

Calories: 1631.51kcal (81.58%), Fat: 119.35g (183.62%), Saturated Fat: 47.12g (294.52%), Carbohydrates: 69.19g (23.06%), Net Carbohydrates: 67.69g (24.61%), Sugar: 13.41g (14.9%), Cholesterol: 643.53mg (214.51%), Sodium: 3693.14mg (160.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.09g (144.19%), Phosphorus: 942.35mg (94.23%), Selenium: 55.04µg (78.62%), Vitamin B2: 1.13mg (66.39%), Calcium: 640.9mg (64.09%), Vitamin B12: 3.84µg (63.99%), Vitamin B3: 12.57mg (62.84%), Zinc: 9.3mg (62.03%), Vitamin B1: 0.81mg (53.77%), Vitamin B6: 1.04mg (52.02%), Vitamin B5: 3.94mg (39.37%), Vitamin D: 5.89µg (39.24%), Iron: 7.06mg (39.24%), Potassium:

1127.54mg (32.22%), Vitamin A: 1488.45IU (29.77%), Magnesium: 80.02mg (20.01%), Copper: 0.36mg (17.94%),
Folate: 70.8µg (17.7%), Vitamin E: 2.09mg (13.93%), Vitamin C: 10.2mg (12.36%), Manganese: 0.23mg (11.52%), Fiber:
1.5g (6.01%), Vitamin K: 3.1µg (2.95%)