

Breakfast Pizza II

READY IN



40 min.

SERVINGS



6

CALORIES



713 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 ounce mushrooms drained chopped canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers, drained canned
- ☐ 6 eggs
- ☐ 1 pound sausage meat
- ☐ 8 ounce crescent rolls refrigerated canned
- ☐ 6 servings salt and pepper to taste
- ☐ 8 ounces cheddar cheese shredded divided
- ☐ 8 ounces mozzarella cheese shredded divided
- ☐ 1 teaspoon worcestershire sauce

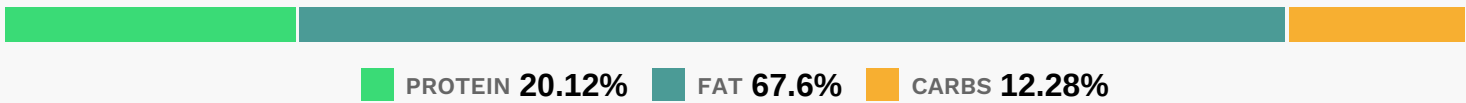
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Line the bottom and sides of a 9x13 inch baking dish with crescent rolls. Cover rolls with sausage, tomatoes, mushrooms, 1 cup Cheddar cheese and 1 cup mozzarella cheese.
- ☐ Bake in preheated oven for 8 to 10 minutes or until crust is golden brown.
- ☐ Remove from oven. In a large bowl, beat together eggs, Worcestershire sauce, salt and pepper.
- ☐ Pour egg mixture over crust.
- ☐ Bake for another 7 to 9 minutes, or until eggs are set.
- ☐ Remove from oven and sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:19.010434772657%

Nutrients (% of daily need)

Calories: 713.27kcal (35.66%), Fat: 53.75g (82.69%), Saturated Fat: 23.67g (147.93%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 19.73g (7.18%), Sugar: 6.79g (7.55%), Cholesterol: 285.77mg (95.26%), Sodium: 1808.84mg (78.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.98%), Phosphorus: 515.42mg (51.54%), Calcium: 493.88mg (49.39%), Selenium: 31.8µg (45.43%), Vitamin B12: 2.3µg (38.28%), Vitamin B2:

0.57mg (33.78%), Zinc: 4.91mg (32.7%), Vitamin B3: 4.11mg (20.53%), Vitamin A: 929.36IU (18.59%), Vitamin B6: 0.36mg (18.17%), Vitamin B1: 0.27mg (18.17%), Vitamin B5: 1.62mg (16.21%), Vitamin D: 2.3µg (15.32%), Iron: 2.59mg (14.39%), Potassium: 350.65mg (10.02%), Magnesium: 38.02mg (9.5%), Fiber: 2.24g (8.96%), Folate: 35.5µg (8.88%), Copper: 0.17mg (8.35%), Vitamin C: 6.33mg (7.67%), Vitamin E: 0.96mg (6.43%), Manganese: 0.06mg (2.81%), Vitamin K: 2.22µg (2.12%)