



Breakfast Sausage-Egg Pizza

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz portabello mushrooms sliced
- ☐ 6 large eggs at room temperature
- ☐ 1 lb sausage meat crumbled cooked
- ☐ 6 servings sauce
- ☐ 2 tablespoons olive oil divided
- ☐ 1 pound pizza dough store-bought
- ☐ 1 bell pepper red sliced
- ☐ 0.5 medium size onion sweet sliced

☐ 1 teaspoon cornmeal plain yellow

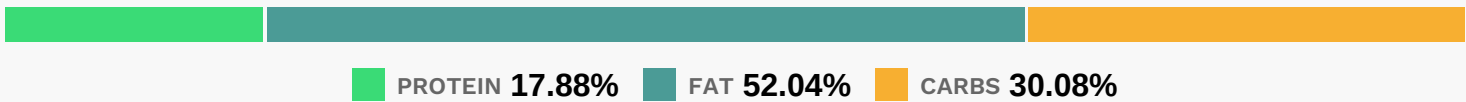
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Place dough in a large bowl coated with cooking spray; lightly coat dough with cooking spray. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour or just until doubled in bulk.
- ☐ Preheat oven to 42
- ☐ Saut onion and next 2 ingredients in 1 Tbsp. hot oil in a large skillet 3 to 5 minutes or until onion and bell pepper are crisp-tender.
- ☐ Roll dough to about 1/4-inch thickness (about 14 x 10 inches) on a lightly floured surface; cover with plastic wrap.
- ☐ Let stand 5 minutes.
- ☐ Brush a 15- x 10-inch jelly-roll pan with remaining 1 Tbsp. oil; sprinkle with cornmeal.
- ☐ Transfer dough to pan.
- ☐ Spread Mornay Sauce over dough, and sprinkle with sausage and onion mixture. Break eggs over pizza.
- ☐ Bake at 425 for 20 to 25 minutes or until eggs are cooked how you like them and crust is crisp.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:15.986086824666%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 553.35kcal (27.67%), Fat: 32.06g (49.32%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.37g (14.32%), Sugar: 8.27g (9.19%), Cholesterol: 240.43mg (80.14%), Sodium: 1116.9mg (48.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.57%), Vitamin C: 27.24mg (33.02%), Selenium: 22.56µg (32.23%), Vitamin B3: 5.53mg (27.65%), Phosphorus: 255.24mg (25.52%), Vitamin B6: 0.47mg (23.39%), Vitamin B2: 0.39mg (23.09%), Iron: 4.07mg (22.59%), Vitamin A: 947.96IU (18.96%), Vitamin B12: 1.11µg (18.44%), Vitamin B1: 0.27mg (18.21%), Vitamin B5: 1.8mg (17.97%), Zinc: 2.58mg (17.21%), Vitamin D: 2.1µg (13.97%), Potassium: 469.87mg (13.42%), Folate: 50.42µg (12.61%), Vitamin E: 1.67mg (11.12%), Copper: 0.21mg (10.68%), Fiber: 2.32g (9.29%), Magnesium: 21.8mg (5.45%), Manganese: 0.09mg (4.46%), Calcium: 42.91mg (4.29%), Vitamin K: 4.32µg (4.11%)