



Breakfast Sausage Pizza

READY IN



43 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 links diestel breakfast sausage sliced into 1/ rounds
- ☐ 3 large eggs
- ☐ 1 tablespoon % extra virgin olive oil crisco®
- ☐ 6 servings ground pepper fresh
- ☐ 0.3 cup tomatoes prepared
- ☐ 2 tablespoons milk
- ☐ 1 cup original pancake & waffle mix hungry jack® Add Milk, Oil & Eggs
- ☐ 2 tablespoon parmesan cheese shredded
- ☐ 6 servings additional parmesan cheese shredded for garnish

- ☐ 3 tablespoons microwave ready regular syrup hungry jack®
- ☐ 0.5 teaspoon salt
- ☐ 2 scallions thinly sliced
- ☐ 1 cup mozzarella cheese shredded
- ☐ 0.3 cup warm water

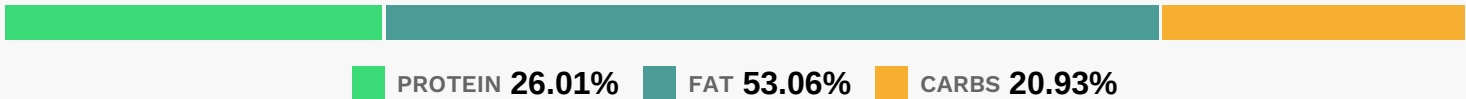
Equipment

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

Directions

- ☐ HEAT oven to 450F. Coat 12-inch pizza pan with no-stick cooking spray.
- ☐ STIR pancake mix, olive oil and water until a soft dough forms. With fingers coated with additional pancake mix, press evenly into prepared pan.
- ☐ Combine marinara sauce and syrup.
- ☐ Spread on crust.
- ☐ WHISK eggs, milk, Parmesan cheese, salt and pepper in medium bowl.
- ☐ Heat large skillet on medium-high heat.
- ☐ Pour egg mixture into skillet. Cook and scramble eggs 1 to 2 minutes or until eggs are thickened and no visible liquid egg remains. Spoon evenly over sauce. Top with Monterey Jack cheese and raw sliced sausage.
- ☐ BAKE 16 to 18 minutes or until lightly browned.
- ☐ Garnish with scallions and additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:11.946956323541%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 320.57kcal (16.03%), Fat: 19.08g (29.35%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 16.19g (5.89%), Sugar: 7.61g (8.45%), Cholesterol: 145.62mg (48.54%), Sodium: 1041.46mg (45.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Calcium: 548.74mg (54.87%), Phosphorus: 414.2mg (41.42%), Selenium: 20.3µg (29%), Vitamin B2: 0.36mg (21.14%), Vitamin B12: 1.13µg (18.88%), Vitamin A: 670.51IU (13.41%), Zinc: 1.98mg (13.21%), Vitamin K: 11.29µg (10.75%), Vitamin B5: 0.73mg (7.31%), Magnesium: 29.25mg (7.31%), Iron: 1.28mg (7.12%), Folate: 26.88µg (6.72%), Vitamin E: 0.93mg (6.17%), Vitamin B6: 0.12mg (6.08%), Vitamin B1: 0.08mg (5.42%), Vitamin D: 0.79µg (5.3%), Potassium: 182.53mg (5.22%), Manganese: 0.08mg (4.19%), Copper: 0.06mg (3.17%), Fiber: 0.75g (2.98%), Vitamin B3: 0.58mg (2.88%), Vitamin C: 1.84mg (2.23%)