



Brunch Pizza Squares

READY IN



30 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 4 eggs
- 2 tablespoons milk
- 0.1 teaspoon pepper
- 8 ounces regular crescent rolls refrigerated
- 0.8 cup cheddar cheese shredded

Equipment

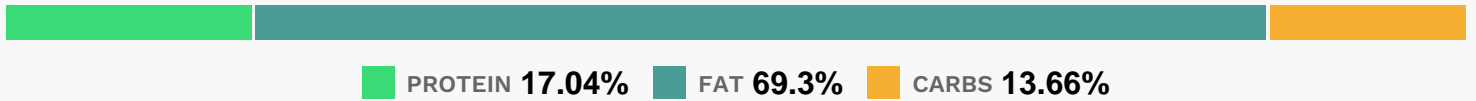
- bowl

- oven
- knife
- baking pan

Directions

- In a large skillet, crumble sausage and cook over medium heat until no longer pink; drain. Unroll crescent dough onto the bottom and 1/2 in. up the sides of a lightly greased 13-in. x 9-in. baking pan; seal seams.
- Sprinkle with sausage.
- In a large bowl, beat the eggs, milk and pepper; pour over sausage.
- Sprinkle with cheese.
- Bake, uncovered, at 400° for 15 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:7.1817391125242%

Nutrients (% of daily need)

Calories: 348.6kcal (17.43%), Fat: 26.95g (41.47%), Saturated Fat: 10.33g (64.57%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.94g (4.34%), Sugar: 3.13g (3.48%), Cholesterol: 133.71mg (44.57%), Sodium: 685.1mg (29.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.83%), Phosphorus: 172.46mg (17.25%), Selenium: 9.82µg (14.04%), Vitamin B12: 0.81µg (13.5%), Vitamin B3: 2.69mg (13.46%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.92mg (12.79%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.22mg (11.03%), Calcium: 97.07mg (9.71%), Vitamin D: 1.28µg (8.55%), Vitamin B5: 0.78mg (7.76%), Iron: 1.39mg (7.73%), Vitamin A: 273.72IU (5.47%), Potassium: 185.17mg (5.29%), Magnesium: 13.94mg (3.49%), Folate: 13.14µg (3.28%), Copper: 0.06mg (2.86%), Vitamin E: 0.42mg (2.8%)