



Canadian Bacon Pizza with Cheddar-Mustard Sauce

READY IN



60 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups hash browns shredded frozen thawed drained
- 2 tablespoons butter melted
- 2 eggs fat-free beaten
- 0.5 cup flour all-purpose
- 0.5 teaspoon salt
- 4 ounces bread cut into 1-inch cubes (from 8 oz. box)
- 2 tablespoons skim milk fat-free (skim)
- 1 teaspoon parmesan cheese grated

- 0.5 teaspoon dijon mustard
- 3.5 oz canadian bacon pizza-style canadian-style sliced
- 6 eggs
- 0.3 cup skim milk fat-free (skim)
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 1 tablespoon butter
- 1 tablespoon chives fresh chopped

Equipment

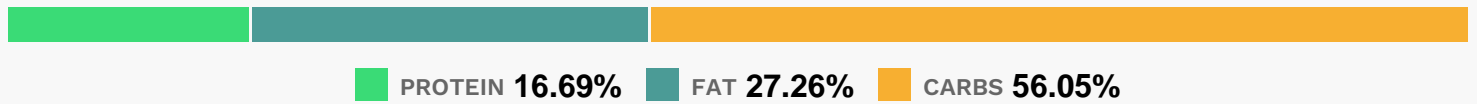
- bowl
- frying pan
- oven
- whisk
- pizza pan
- microwave
- spatula

Directions

- Heat oven to 425°F. Spray 12-inch pizza pan with cooking spray or grease with shortening. In large bowl, toss potatoes, 1/4 cup melted butter, 2 eggs, the flour and 1/2 teaspoon salt. Press potato mixture in pan.
- Bake 20 to 25 minutes or until edges are golden brown.
- Meanwhile, in small microwavable bowl, cover and microwave cheese product cubes and 2 tablespoons milk on High 1 minute; stir until smooth. Stir in Parmesan cheese and mustard until well blended.
- Spread 1/2 cup of the cheese sauce over potato crust; top with Canadian bacon. Cover remaining sauce to keep warm.
- Bake 5 to 7 minutes longer or until Canadian bacon is heated through.

- Meanwhile, in medium bowl, beat 6 eggs, 1/4 cup milk, 1/4 teaspoon salt and the pepper with fork or wire whisk until well mixed.
- In 10-inch skillet, heat 1 tablespoon butter over medium heat just until butter begins to sizzle.
- Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Spoon scrambled eggs over hot crust.
- Drizzle with remaining 1/2 cup cheese sauce.
- Sprinkle with chives. Use a spatula to lift servings from pan.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:20.8, Inflammation Score:-5, Nutrition Score:15.879999881205%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 366.19kcal (18.31%), Fat: 11.19g (17.22%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 48.3g (17.56%), Sugar: 1.43g (1.59%), Cholesterol: 170.76mg (56.92%), Sodium: 592.73mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.84%), Selenium: 24.5µg (35%), Vitamin B1: 0.48mg (32.29%), Vitamin B3: 5.46mg (27.32%), Phosphorus: 257.2mg (25.72%), Manganese: 0.46mg (22.87%), Vitamin B2: 0.37mg (21.8%), Potassium: 751.26mg (21.46%), Iron: 3.85mg (21.38%), Vitamin C: 17.45mg (21.15%), Vitamin B6: 0.33mg (16.64%), Folate: 62.05µg (15.51%), Vitamin B5: 1.55mg (15.49%), Copper: 0.28mg (13.99%), Fiber: 3.49g (13.97%), Zinc: 1.47mg (9.77%), Magnesium: 38.85mg (9.71%), Vitamin A: 470.71IU (9.41%), Vitamin B12: 0.55µg (9.24%), Vitamin D: 1.36µg (9.04%), Calcium: 78.07mg (7.81%), Vitamin E: 0.69mg (4.6%), Vitamin K: 1.12µg (1.07%)