



Chef John's Sausage and Egg Pizza

READY IN



40 min.

SERVINGS



2

CALORIES



1321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby arugula leaves washed and dried
- 2 servings pepper black freshly ground to taste
- 4 eggs
- 6 ounces fontina shredded divided
- 6 ounces sausage italian hot sliced
- 1 tablespoon olive oil
- 0.3 cup freshly parmigiano-reggiano cheese shredded divided
- 12 ounces unbaked pizza dough at room temperature
- 0.8 cup pizza sauce

Equipment

- bowl
- frying pan
- paper towels
- oven
- pizza pan
- ramekin
- spatula

Directions

- Preheat oven to 475 degrees F (245 degrees C).
- Cook and stir sliced Italian sausage in a skillet over medium heat until some of the fat has rendered out and sausage is no longer pink inside, about 5 minutes.
- Transfer sausage slices to a paper towel-lined plate to drain.
- Roll pizza dough out to about 12 inches in diameter and about 3/8-inch thick; sprinkle with cornmeal. Flip dough so the cornmeal side is down and transfer to a perforated 14-inch pizza pan.
- Spread pizza sauce in a thin layer on top of the dough.
- Sprinkle with red pepper flakes and about 3/4 the Fontina cheese.
- Spread sausage slices onto the pizza, leaving 4 spaces about 3 inches across on the pizza for eggs.
- Sprinkle remaining Fontina cheese onto sausage slices.
- Bake in the preheated oven until dough is hot, edges are starting to brown, and cheese has started to melt, 10 to 12 minutes.
- Crack each egg into a separate ramekin or small bowl.
- Remove pizza from oven and use a spatula to press the spaces between sausage slices flat. Gently pour an egg onto each space. Grind a little black pepper onto each egg yolk. Lightly sprinkle Parmigiano-Reggiano cheese over entire pizza.
- Return to oven and bake until eggs are set but yolks are still liquid, about 5 minutes, checking frequently to avoid overcooking eggs. Toss arugula leaves with olive oil in a bowl until coated.

Remove pizza from oven, poke egg yolks with a fork, spread them around a little, and sprinkle arugula over the top of the pizza.

Cut into 4 quarters, each with an egg, to serve.

Nutrition Facts

PROTEIN 19.74% **FAT 53.24%** **CARBS 27.02%**

Properties

Glycemic Index:95.5, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:32.760434979978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 1321.4kcal (66.07%), Fat: 78.39g (120.6%), Saturated Fat: 33.73g (210.79%), Carbohydrates: 89.49g (29.83%), Net Carbohydrates: 85.37g (31.04%), Sugar: 15.8g (17.56%), Cholesterol: 501.99mg (167.33%), Sodium: 3362.2mg (146.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.41g (130.81%), Selenium: 64.78µg (92.54%), Calcium: 759.06mg (75.91%), Phosphorus: 735.11mg (73.51%), Vitamin B12: 3.19µg (53.1%), Vitamin B2: 0.84mg (49.55%), Iron: 8.55mg (47.47%), Zinc: 6.34mg (42.29%), Vitamin A: 2017.53IU (40.35%), Vitamin B1: 0.57mg (37.95%), Vitamin B6: 0.59mg (29.41%), Vitamin B5: 2.55mg (25.52%), Vitamin E: 3.57mg (23.77%), Potassium: 717.54mg (20.5%), Vitamin B3: 3.94mg (19.72%), Vitamin K: 20.61µg (19.63%), Folate: 72.42µg (18.1%), Fiber: 4.1g (16.46%), Vitamin D: 2.35µg (15.69%), Magnesium: 60.36mg (15.09%), Copper: 0.27mg (13.63%), Vitamin C: 9.63mg (11.68%), Manganese: 0.23mg (11.62%)