



Fried Egg and Sausage Ciabatta Breakfast Pizzas

READY IN



30 min.

SERVINGS



8

CALORIES



631 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 pound ciabatta bread
- 8 large eggs
- 1 cup spring onion chopped
- 1 pound ground sausage sweet italian
- 8 tablespoons olive oil divided
- 8 ounces monterrey jack cheese hot sliced

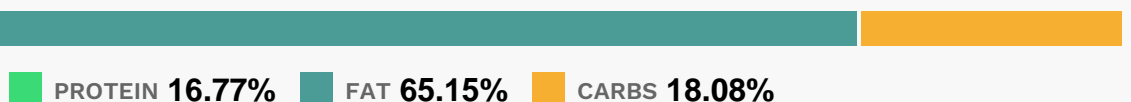
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 450°F.
- Cut bread horizontally in half.
- Place bread halves, cut side up, on separate baking sheets.
- Mix onions and 6 tablespoons oil in small bowl. Season with salt and pepper. Reserve 2 tablespoons onion oil and spread remaining onion oil over bread. Top with cheese.
- Sauté Italian sausages in large nonstick skillet over medium-high heat until cooked through, breaking up with spoon, about 7 minutes. Divide sausage among bread halves.
- Bake pizzas until cheese melts and bread begins to crisp, about 10 minutes.
- Meanwhile, heat 1 tablespoon oil in each of 2 large skillets over medium-high heat. Crack 4 eggs into each skillet.
- Sprinkle with salt and pepper. Cook 2 minutes.
- Remove from heat and let eggs stand in skillets while pizzas bake.
- Arrange 4 eggs atop each pizza. Spoon reserved onion oil over eggs.
- Cut each pizza between eggs into 4 pieces.
- Having brunch? Assemble and chill the pizzas one day ahead. Then bake and top with fried eggs at mealtime.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:15.22260862848%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 631.02kcal (31.55%), Fat: 45.53g (70.05%), Saturated Fat: 15.53g (97.08%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 27.48g (9.99%), Sugar: 0.62g (0.69%), Cholesterol: 254.32mg (84.77%), Sodium: 935.67mg (40.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.75%), Selenium: 33.6µg (48%), Vitamin K: 35.16µg (33.49%), Phosphorus: 310.01mg (31%), Vitamin B2: 0.44mg (26.14%), Calcium: 258.83mg (25.88%), Vitamin B1: 0.35mg (23.55%), Vitamin B12: 1.2µg (19.94%), Vitamin E: 2.68mg (17.89%), Zinc: 2.56mg (17.06%), Vitamin B6: 0.29mg (14.26%), Vitamin A: 612.63IU (12.25%), Vitamin B5: 1.12mg (11.25%), Iron: 2.01mg (11.18%), Folate: 41.14µg (10.28%), Vitamin B3: 1.97mg (9.86%), Vitamin D: 1.17µg (7.8%), Potassium: 270.05mg (7.72%), Magnesium: 24.09mg (6.02%), Copper: 0.1mg (5.04%), Vitamin C: 3.48mg (4.22%), Fiber: 0.95g (3.79%), Manganese: 0.07mg (3.5%)