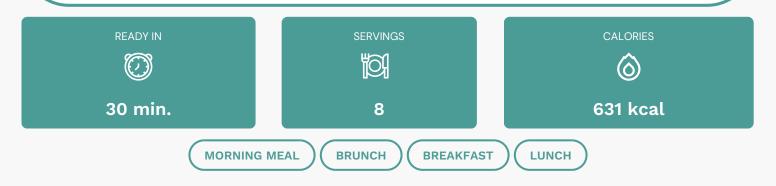


# Fried Egg and Sausage Ciabatta Breakfast Pizzas



# **Ingredients**

1 pound ciabatta bread
8 large eggs
1 cup green onions chopped
1 pound sausages sweet italian
8 tablespoons olive oil divided
8 ounces pepper monterey jack cheese hot sliced

# **Equipment**

	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		
	PROTEIN 16.77% FAT 65.15% CARBS 18.08%	

### **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, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Cuercetin: 1.34mg, Quercetin: 1.34mg, 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: Og (100%), Alcohol %: O% (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%)