



Gluten-Free Mexican Breakfast Pizza

READY IN



35 min.

SERVINGS



6

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 lb sausage meat gluten-free italian
- 4 eggs beaten
- 6 servings cilantro leaves fresh chopped
- 4 oz monterrey jack cheese shredded
- 1 container pizza dough gluten free refrigerated
- 1 cup salsa gluten-free

Equipment

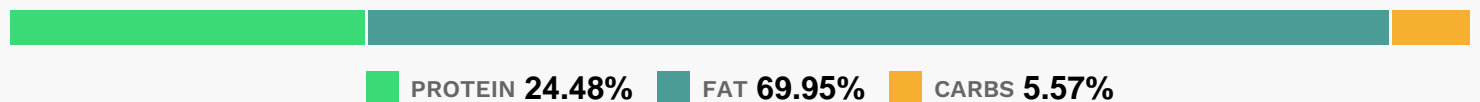
- bowl

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400F. Grease cookie sheet and hands. Press dough into 11-inch round on cookie sheet.
- Bake 12 to 14 minutes or until edge is beginning to brown.
- Meanwhile, in 10-inch nonstick skillet, cook and stir chorizo over medium-high heat until no longer pink.
- Drain; remove to small bowl. Wipe out skillet.
- Add eggs to skillet; cook over medium-low heat until almost set. Stir in chorizo.
- Spread 1/2 cup of the salsa over partially baked crust. Spoon egg mixture over salsa, covering crust completely.
- Sprinkle with cheese.
- Bake 8 to 10 minutes longer or until crust is deep golden brown and cheese is melted.
- Sprinkle with cilantro.
- Serve with remaining 1/2 cup salsa.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:8.7543478996857%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 240.35kcal (12.02%), Fat: 18.63g (28.67%), Saturated Fat: 7.86g (49.15%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.87g (2.07%), Cholesterol: 153.16mg (51.05%), Sodium: 680.97mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.34%), Phosphorus: 206.94mg (20.69%), Selenium: 12.14µg (17.34%), Calcium: 173.02mg (17.3%), Vitamin B2: 0.27mg (15.76%), Vitamin B6: 0.26mg (12.84%),

Zinc: 1.85mg (12.35%), Vitamin B12: 0.74µg (12.32%), Vitamin B3: 2.3mg (11.52%), Vitamin A: 546.84IU (10.94%),
Vitamin B1: 0.13mg (8.92%), Vitamin B5: 0.83mg (8.31%), Vitamin D: 1.19µg (7.94%), Potassium: 261.85mg (7.48%),
Iron: 1.26mg (6.98%), Vitamin E: 0.96mg (6.4%), Magnesium: 20.44mg (5.11%), Folate: 19.36µg (4.84%), Copper:
0.08mg (4.03%), Fiber: 0.79g (3.14%), Manganese: 0.06mg (3.08%), Vitamin K: 2.84µg (2.71%), Vitamin C: 1.11mg
(1.35%)