



Jalapeño, Sausage, Jack, and Egg Breakfast Braid

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces mild chicken sausage with jalapeño peppers, chopped
- ☐ 1 large egg white lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup jalapeño peppers seeded chopped
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 13.8 ounce pizza crust dough refrigerated canned

☐ 0.3 cup cheddar cheese shredded

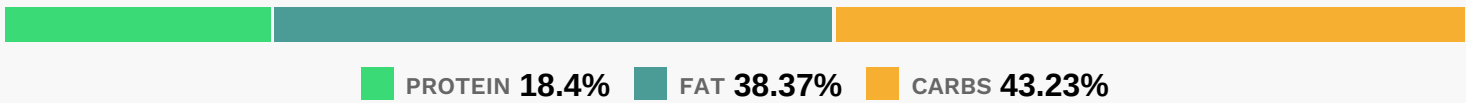
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 42
- ☐ Unroll dough onto a baking sheet coated with cooking spray; pat into a 15 x 10inch rectangle.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion and sausage; cook 9 minutes or until lightly browned. Stir in eggs; cook 1 1/2 minutes or until set.
- ☐ Remove from heat.
- ☐ Sprinkle Monterey Jack lengthwise down center of dough, leaving about a 2 1/2-inch border on each side. Spoon egg mixture evenly over cheese.
- ☐ Sprinkle cheddar over egg mixture; top with jalapeo peppers.
- ☐ Make 2-inch-long diagonal cuts about 1 inch apart on both sides of dough to within 1/2 inch of filling using a sharp knife or kitchen shears. Arrange strips over filling, alternating strips diagonally over filling. Press ends under to seal.
- ☐ Brush with egg white.
- ☐ Bake at 425 for 15 minutes or until golden brown.
- ☐ Let stand 5 minutes.
- ☐ Cut crosswise into slices.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:4.7956521847974%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 303.73kcal (15.19%), Fat: 13.1g (20.15%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 32g (11.64%), Sugar: 4.87g (5.41%), Cholesterol: 88.46mg (29.49%), Sodium: 785.48mg (34.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Iron: 2.33mg (12.94%), Selenium: 8.97µg (12.81%), Calcium: 115.51mg (11.55%), Phosphorus: 100.25mg (10.03%), Vitamin B2: 0.16mg (9.55%), Vitamin A: 317.12IU (6.34%), Vitamin C: 5.21mg (6.31%), Fiber: 1.2g (4.79%), Vitamin E: 0.71mg (4.71%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.69mg (4.6%), Folate: 13.02µg (3.26%), Vitamin B5: 0.33mg (3.25%), Vitamin B6: 0.06mg (3.15%), Vitamin D: 0.42µg (2.79%), Vitamin K: 2.52µg (2.4%), Magnesium: 7.66mg (1.91%), Potassium: 62.3mg (1.78%), Copper: 0.02mg (1.11%)