



Sausage and Egg Breakfast Pizza

READY IN



26 min.

SERVINGS



4

CALORIES



1520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 eggs beaten
- ☐ 4 uncook pizza crust ready-to-serve
- ☐ 8 ounces pork sausage frozen cut into 1/2-inch pieces
- ☐ 6 ounces cheddar cheese shredded

Equipment

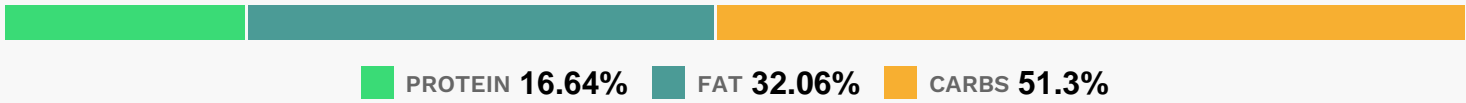
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

☐ spatula

Directions

- ☐ Heat oven to 400F. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook sausage in skillet about 3 minutes, stirring occasionally, until brown; drain.
- ☐ Remove sausage from skillet; set aside.
- ☐ Pour eggs into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Do not stir. Cook 4 to 5 minutes or until eggs are thickened throughout but still moist.
- ☐ Place pizza crusts on ungreased cookie sheets.
- ☐ Sprinkle with half of the cheese. Top each with eggs and sausage.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake 10 to 12 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:20.138695389032%

Nutrients (% of daily need)

Calories: 1520.22kcal (76.01%), Fat: 53.76g (82.7%), Saturated Fat: 24.21g (151.29%), Carbohydrates: 193.49g (64.5%), Net Carbohydrates: 187.51g (68.19%), Sugar: 6.36g (7.07%), Cholesterol: 328.87mg (109.62%), Sodium: 2832.42mg (123.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.78g (125.55%), Calcium: 702.67mg (70.27%), Iron: 12.62mg (70.13%), Selenium: 32.3µg (46.14%), Phosphorus: 401.98mg (40.2%), Vitamin B2: 0.56mg (32.84%), Vitamin B12: 1.52µg (25.33%), Zinc: 3.64mg (24.28%), Fiber: 5.98g (23.92%), Vitamin A: 825.02IU (16.5%), Vitamin B6: 0.31mg (15.75%), Vitamin B5: 1.57mg (15.68%), Vitamin D: 2.31µg (15.41%), Vitamin B3: 2.74mg (13.69%), Vitamin B1: 0.19mg (12.98%), Folate: 40.52µg (10.13%), Potassium: 264.44mg (7.56%), Vitamin E: 1.12mg (7.46%), Magnesium: 27.34mg (6.83%), Copper: 0.1mg (4.95%), Vitamin K: 1.45µg (1.38%), Manganese: 0.03mg (1.28%)