



Sausage and Egg Flatbread

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

Ingredients

- ☐ 2 cups arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 2 teaspoons cornmeal
- ☐ 6 large eggs
- ☐ 2 ounces fontina shredded
- ☐ 4 ounce turkey sausage italian crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon olive oil extra virgin extra-virgin

☐ 0.7 cup onion chopped

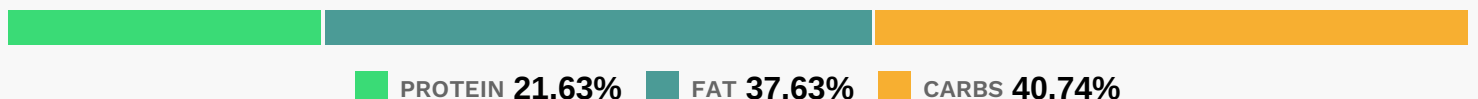
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Find lengthwise seam in dough. Beginning at seam, gently unroll dough into a rectangle on a lightly floured surface.
- ☐ Cut the dough crosswise into 2 equal portions.
- ☐ Roll each portion into a 15 x 6-inch rectangle on a lightly floured surface.
- ☐ Place each rectangle on a baking sheet sprinkled with 1 teaspoon cornmeal.
- ☐ Heat a nonstick skillet over medium heat.
- ☐ Add onion and turkey Italian sausage to pan; cook 4 minutes or until lightly browned, stirring to crumble. Divide sausage mixture evenly between rectangles, spreading evenly down length of dough, leaving a 1/4-inch border on each; top each rectangle evenly with 1/4 cup cheese.
- ☐ Bake at 400 for 10 minutes or until lightly browned.
- ☐ Remove from oven. Break 3 eggs onto each flatbread, spacing evenly lengthwise; sprinkle evenly with salt and freshly ground black pepper.
- ☐ Bake an additional 5 minutes or until eggs are set. Turn oven off; leave flatbreads in oven with oven door closed for 4 minutes or until desired degree of doneness.
- ☐ Remove from oven.
- ☐ Combine arugula, fresh lemon juice, and extra-virgin olive oil; toss. Arrange arugula mixture evenly over flatbreads.
- ☐ Cut each flatbread crosswise into 3 squares; serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:9.2517391806063%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 288.23kcal (14.41%), Fat: 11.64g (17.91%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 26.69g (9.71%), Sugar: 1.88g (2.09%), Cholesterol: 206.98mg (68.99%), Sodium: 665.9mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Selenium: 21.07µg (30.1%), Phosphorus: 176.98mg (17.7%), Vitamin B2: 0.29mg (17.17%), Iron: 2.88mg (15.98%), Vitamin B12: 0.69µg (11.42%), Vitamin A: 542.38IU (10.85%), Vitamin C: 8.71mg (10.55%), Vitamin B5: 1.02mg (10.15%), Calcium: 99.09mg (9.91%), Vitamin B6: 0.2mg (9.79%), Zinc: 1.46mg (9.75%), Folate: 35.99µg (9%), Vitamin K: 8.2µg (7.81%), Vitamin D: 1.06µg (7.04%), Fiber: 1.67g (6.68%), Potassium: 167.28mg (4.78%), Vitamin E: 0.68mg (4.56%), Magnesium: 17.85mg (4.46%), Manganese: 0.08mg (4.11%), Vitamin B3: 0.81mg (4.03%), Copper: 0.07mg (3.69%), Vitamin B1: 0.05mg (3.26%)