



Sausage, Egg, and Cheese Breakfast Braid

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

Ingredients

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

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 10-inch rectangle.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion and sausage; cook 8 minutes or until lightly browned. Stir in eggs; cook 1 minute or until set.
- ☐ Remove from heat.
- ☐ Sprinkle Monterey Jack cheese lengthwise down center of dough, leaving a 2 1/2-inch border on each side. Spoon egg mixture over cheese.
- ☐ Sprinkle cheddar cheese over egg mixture.
- ☐ 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. Alternately arrange strips diagonally over filling. Fold ends under to seal.
- ☐ Brush with egg white.
- ☐ Bake at 425 for 15 minutes or until golden brown.
- ☐ Let stand 5 minutes.
- ☐ Cut into slices.
- ☐ Unroll dough
- ☐ Sprinkle cheese
- ☐ Pat dough into rectangle and measure dimensions
- ☐ Brush dough with egg white

Nutrition Facts



 PROTEIN **18.43%**  FAT **38.5%**  CARBS **43.07%**

Properties

Glycemic Index:13.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:4.3313043428504%

Flavonoids

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: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 302.71kcal (15.14%), Fat: 13.09g (20.14%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 31.86g (11.59%), Sugar: 4.72g (5.24%), Cholesterol: 88.48mg (29.49%), Sodium: 785.48mg (34.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.2%), Iron: 2.32mg (12.89%), Selenium: 8.96µg (12.8%), Calcium: 115.18mg (11.52%), Phosphorus: 99.36mg (9.94%), Vitamin B2: 0.16mg (9.4%), Vitamin A: 276.86IU (5.54%), Vitamin B12: 0.28µg (4.7%), Zinc: 0.68mg (4.57%), Fiber: 1.09g (4.37%), Vitamin E: 0.57mg (3.82%), Vitamin B5: 0.31mg (3.14%), Folate: 12.01µg (3%), Vitamin D: 0.42µg (2.79%), Vitamin B6: 0.05mg (2.37%), Magnesium: 7.1mg (1.77%), Vitamin K: 1.83µg (1.74%), Potassium: 53.01mg (1.51%), Copper: 0.02mg (1.02%)