

Slumber Party Pie

READY IN



30 min.

SERVINGS



8

CALORIES



314 kcal

Ingredients

- 0.5 pound sausage meat
- 5 eggs
- 1 cup hash browns shredded frozen
- 0.3 cup milk
- 2 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper
- 8 ounces regular crescent rolls refrigerated
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded

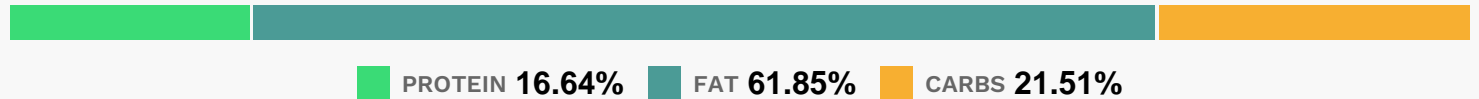
Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- In a skillet, cook and crumble the sausage until browned; drain. Separate crescent roll dough into eight triangles and place on an ungreased 12-in. round pizza pan with points toward the center. Press over bottom and up sides to form a crust; seal perforations. Spoon sausage over crust. Top with potatoes and cheddar cheese.
- In a bowl, beat eggs, milk, salt and pepper; pour evenly over all.
- Sprinkle with Parmesan cheese.
- Bake at 375° for 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:7.4873912800913%

Nutrients (% of daily need)

Calories: 314kcal (15.7%), Fat: 21.81g (33.55%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.69g (6.07%), Sugar: 3.35g (3.72%), Cholesterol: 138.89mg (46.3%), Sodium: 710.5mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Selenium: 13.12µg (18.74%), Phosphorus: 185.66mg (18.57%), Vitamin B2: 0.24mg (14.2%), Calcium: 141.45mg (14.14%), Vitamin B12: 0.69µg (11.57%), Zinc: 1.63mg (10.88%), Vitamin B3: 1.81mg (9.04%), Vitamin B6: 0.17mg (8.59%), Vitamin B1: 0.12mg (8.21%), Iron: 1.44mg (8.02%), Vitamin B5: 0.79mg (7.88%), Vitamin D: 1.09µg (7.29%), Vitamin A: 335.13IU (6.7%), Potassium: 208.17mg (5.95%), Folate: 17.32µg (4.33%), Magnesium: 15.39mg (3.85%), Copper: 0.07mg (3.51%), Vitamin E: 0.46mg (3.06%), Vitamin C: 2.35mg (2.85%), Manganese: 0.05mg (2.73%), Fiber: 0.38g (1.5%)