



## Sunrise Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



1592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 eggs lightly beaten
- 0.3 cup bell pepper green chopped
- 8 ounces sausage meat
- 12 inch pizza crust prepared
- 0.3 cup bell pepper red chopped
- 0.3 cup onion red chopped
- 1 cup ricotta cheese
- 8 ounces mozzarella cheese shredded
- 0.3 cup tomatoes fresh chopped

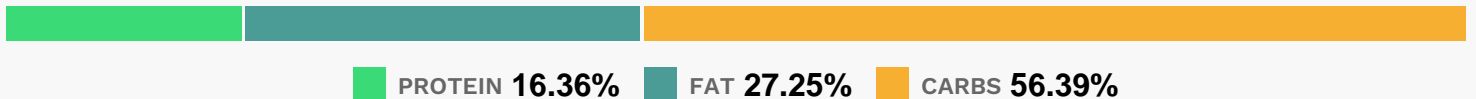
## Equipment

- frying pan
- baking sheet
- oven
- pizza pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain off grease and add eggs. Cook eggs and sausage together until eggs are set.
- Place pizza crust on a pizza pan or baking sheet.
- Spread crust with ricotta cheese leaving the outer edge of the crust bare.
- Spread the egg and sausage mixture over the ricotta cheese.
- Sprinkle with onion, tomato, red pepper and green pepper. Top with mozzarella.
- Bake in preheated oven for 15 minutes, or until cheese and edges of crust are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:19.09304346209%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 1592kcal (79.6%), Fat: 47.9g (73.69%), Saturated Fat: 23.14g (144.65%), Carbohydrates: 223g (74.33%), Net Carbohydrates: 215.76g (78.46%), Sugar: 8.32g (9.24%), Cholesterol: 214.56mg (71.52%), Sodium: 2962.16mg (128.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.69g (129.38%), Iron: 13.76mg (76.43%), Calcium: 714.46mg (71.45%), Selenium: 23.72µg (33.88%), Phosphorus: 329.02mg (32.9%), Fiber: 7.25g (29%), Vitamin B12: 1.65µg (27.5%), Vitamin B2: 0.41mg (24.19%), Zinc: 2.92mg (19.48%), Vitamin A: 935.01IU (18.7%), Vitamin C: 14.55mg (17.63%), Vitamin B6: 0.25mg (12.73%), Vitamin B3: 2.02mg (10.11%), Vitamin B5: 1mg (9.97%), Vitamin B1: 0.15mg (9.84%), Vitamin D: 1.46µg (9.72%), Folate: 30.89µg (7.72%), Potassium: 264.88mg (7.57%), Magnesium: 24.51mg (6.13%), Vitamin E: 0.73mg (4.87%), Copper: 0.08mg (3.78%), Manganese: 0.06mg (2.81%), Vitamin K: 2.87µg (2.73%)