



## Apple Bacon Sticky Biscuits

 Popular

READY IN



20 min.

SERVINGS



12

CALORIES



303 kcal

### Ingredients

- 1 cup apples chopped (1-2 small apples)
- 0.3 teaspoon apple pie spice
- 2.3 cups baking mix
- 2 tablespoons brown sugar
- 16 ounce individually wrapped caramels
- 3 slices bacon crumbled cooked
- 0.7 cup milk
- 0.5 cup pecans chopped

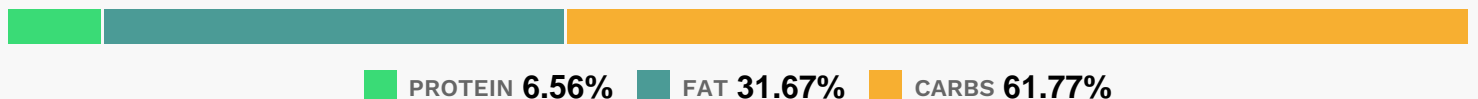
### Equipment

- bowl
- baking sheet
- oven
- wire rack
- muffin liners
- muffin tray

## Directions

- Heat oven to 425°. Spray bottom and sides of 12 regular size muffin cups.
- Combine pecans and 1½ cups caramel dip in a small cup or bowl. Evenly divided caramel pecan topping among the muffin cups, and set aside. Using a medium bowl and a fork, combine the baking mix, milk, brown sugar and apple pie spice until a dough forms. Fold in chopped apple pieces and crumbled bacon until well incorporated.
- Place spoonfuls of dough in each muffin cup over caramel dip.
- Bake 9–12 minutes or until golden brown.
- Place muffin pan on cooling rack; cool for just 2 minutes.
- Place a baking sheet upside down over muffin pan and carefully turn baking sheet and muffin pan over to remove biscuits. Scrape out any topping that remains in the pan and place on biscuits.
- Drizzle tops with additional caramel dip if desired.
- Serve warm or room temperature.

## Nutrition Facts



## Properties

Glycemic Index:12.08, Glycemic Load:19.56, Inflammation Score:-2, Nutrition Score:6.3413043177646%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg,

Epigallocatechin: 0.28mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg  
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,  
Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg  
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin:  
0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## **Nutrients (% of daily need)**

Calories: 302.73kcal (15.14%), Fat: 10.96g (16.85%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 48.07g (16.02%),  
Net Carbohydrates: 46.91g (17.06%), Sugar: 31.24g (34.71%), Cholesterol: 6.7mg (2.23%), Sodium: 419.15mg  
(18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Phosphorus: 210.02mg (21%),  
Manganese: 0.3mg (14.88%), Vitamin B1: 0.22mg (14.59%), Vitamin B2: 0.23mg (13.36%), Calcium: 115.08mg (11.51%),  
Folate: 30.98µg (7.74%), Vitamin B3: 1.37mg (6.84%), Vitamin B5: 0.55mg (5.54%), Selenium: 3.84µg (5.49%),  
Potassium: 180.58mg (5.16%), Magnesium: 20.55mg (5.14%), Copper: 0.1mg (5.11%), Vitamin B12: 0.3µg (4.94%),  
Iron: 0.85mg (4.69%), Fiber: 1.16g (4.66%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.07mg (3.6%), Vitamin K: 2.58µg  
(2.46%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.16µg (1.05%)