



## Bacon and Onion Biscuits

READY IN



30 min.

SERVINGS



12

CALORIES



191 kcal

### Ingredients

- 0.5 cup bacon chopped
- 2 teaspoons double-acting baking powder
- 2 cups flour all-purpose
- 2 tablespoons milk
- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 2 teaspoons sugar
- 1 cup whipping cream (heavy)

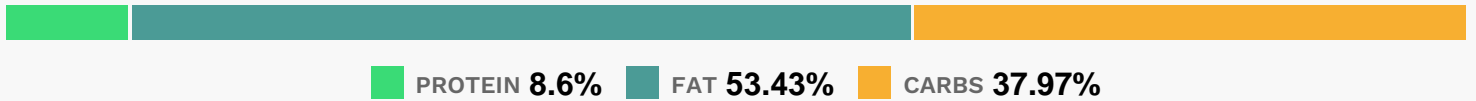
### Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 425F. Grease cookie sheet with shortening or spray with cooking spray. In 10-inch skillet, cook bacon and onion over medium heat 6 to 8 minutes, stirring occasionally, until bacon is crisp and onion is beginning to brown; drain.
- In large bowl, mix flour, salt, baking powder and sugar. Stir in bacon and onion. Stir in whipping cream until soft dough forms.
- On cookie sheet, drop dough by heaping tablespoonfuls about 3 inches apart.
- Brush tops with milk.
- Bake 11 to 13 minutes or until golden brown.
- Serve warm or cooled.

## Nutrition Facts



## Properties

Glycemic Index:25.17, Glycemic Load:12.32, Inflammation Score:-3, Nutrition Score:4.7865217120751%

## 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: 191.46kcal (9.57%), Fat: 11.37g (17.49%), Saturated Fat: 5.95g (37.21%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17.5g (6.36%), Sugar: 1.7g (1.89%), Cholesterol: 29.22mg (9.74%), Sodium: 239.82mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.23%), Selenium: 9.73µg (13.89%), Vitamin B1: 0.2mg (13.28%), Folate: 40.19µg (10.05%), Vitamin B2: 0.15mg (9.03%), Vitamin B3: 1.65mg (8.25%), Manganese: 0.15mg (7.62%), Phosphorus: 67.26mg (6.73%), Iron: 1.12mg (6.2%), Calcium: 60.56mg (6.06%), Vitamin A: 299.38IU (5.99%), Fiber: 0.68g (2.71%), Vitamin B6: 0.05mg (2.59%), Vitamin D: 0.38µg (2.56%), Zinc: 0.33mg (2.21%),

Vitamin B5: 0.21mg (2.14%), Potassium: 74.3mg (2.12%), Magnesium: 8.3mg (2.08%), Copper: 0.04mg (1.96%),  
Vitamin E: 0.24mg (1.6%), Vitamin B12: 0.09µg (1.58%)