



Bacon Biscuit Cups

READY IN



45 min.

SERVINGS



10

CALORIES



258 kcal

Ingredients

- ☐ 10 ounce flaky biscuits refrigerated canned
- ☐ 5 bacon crumbled cooked
- ☐ 6 ounce cream cheese softened
- ☐ 1 large eggs
- ☐ 1 green onion chopped
- ☐ 10 servings garnish: green onions sliced
- ☐ 2 tablespoons milk
- ☐ 2 ounces swiss cheese shredded

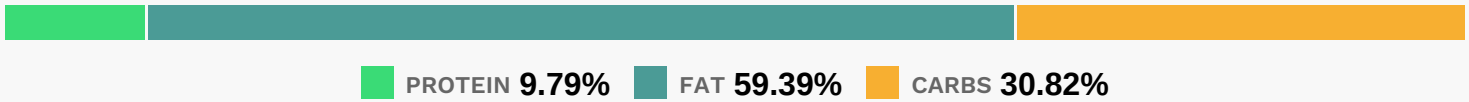
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer until blended. Stir in cheese and green onion. Set aside.
- ☐ Separate biscuits into 10 portions. Pat each portion into a 5-inch circle, and press on bottom and up sides of greased muffin cups, forming a 1/4-inch edge.
- ☐ Sprinkle evenly with half of bacon, and spoon cream cheese mixture evenly on top.
- ☐ Bake at 375 for 22 minutes or until set.
- ☐ Sprinkle with remaining bacon, lightly pressing into filling.
- ☐ Remove immediately from pan, and serve warm.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:11.78, Inflammation Score:-4, Nutrition Score:6.1095652735752%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 257.51kcal (12.88%), Fat: 17.03g (26.19%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 19.32g (7.03%), Sugar: 7.09g (7.88%), Cholesterol: 45.37mg (15.12%), Sodium: 240.57mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Vitamin K: 18.48µg (17.6%), Selenium: 8.59µg (12.27%), Vitamin B2: 0.19mg (11.02%), Phosphorus: 100.57mg (10.06%), Vitamin B1: 0.13mg (8.98%), Calcium: 82.76mg (8.28%), Vitamin A: 405.01IU (8.1%), Folate: 31.96µg (7.99%), Vitamin B3: 1.41mg (7.07%), Manganese: 0.14mg (6.87%), Vitamin E: 0.98mg (6.55%), Iron: 1.1mg (6.13%), Vitamin B12: 0.31µg (5.22%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.07mg (3.49%), Vitamin B5: 0.34mg (3.45%), Potassium: 102.66mg (2.93%),

Magnesium: 11.01mg (2.75%), Copper: 0.05mg (2.25%), Fiber: 0.56g (2.22%), Vitamin C: 1.35mg (1.64%)