



Bacon-Cheese Pull-Aparts

♥♥ Popular

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 2.2 oz bacon cut into 1/2-inch pieces
- ☐ 16.3 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned
- ☐ 1 eggs
- ☐ 0.3 cup spring onion finely chopped (4 medium)
- ☐ 2 tablespoons milk
- ☐ 3 oz cheddar cheese shredded

Equipment

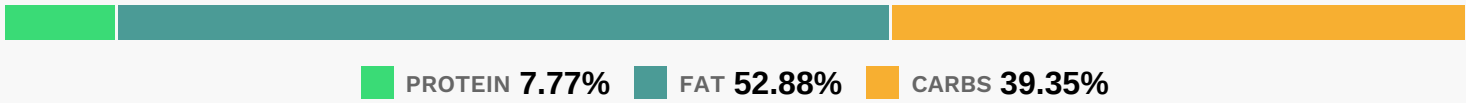
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 11x7- or 12x8-inch (2-quart) glass baking dish with cooking spray. In large bowl, beat egg and milk with wire whisk until smooth.
- ☐ Separate dough into 8 biscuits; cut each into quarters. Gently stir biscuit pieces into egg mixture to coat evenly. Fold in bacon, cheese and onions. Spoon mixture into baking dish; arrange biscuit pieces in single layer.
- ☐ Bake 23 to 28 minutes or until golden brown.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:23.29, Inflammation Score:-3, Nutrition Score:7.5743477681409%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 383.9kcal (19.19%), Fat: 22.49g (34.6%), Saturated Fat: 8g (50%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 36.82g (13.39%), Sugar: 12.79g (14.21%), Cholesterol: 36.69mg (12.23%), Sodium: 334.77mg (14.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin B2: 0.27mg (15.73%), Vitamin B1: 0.23mg (15.63%), Selenium: 9.94µg (14.19%), Folate: 53.6µg (13.4%), Manganese: 0.26mg (12.79%), Vitamin K: 13.11µg (12.48%), Phosphorus: 113.87mg (11.39%), Vitamin B3: 2.24mg (11.19%), Vitamin E: 1.6mg (10.66%), Iron: 1.91mg (10.63%), Calcium: 93mg (9.3%), Zinc: 0.86mg (5.76%), Vitamin A: 226.01IU (4.52%), Vitamin B6: 0.08mg (4.13%), Vitamin B12: 0.22µg (3.68%), Vitamin B5: 0.36mg (3.62%), Magnesium: 13.63mg (3.41%), Fiber: 0.83g (3.33%), Copper: 0.07mg (3.27%), Potassium: 96.29mg (2.75%), Vitamin D: 0.25µg (1.64%)