



Bacon Egg Biscuit Sandwich Cups



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 slices precooked bacon raw (I buy ready-made bacon at Costco. If you use bacon, you want to cook it so that it is)
- ☐ 3 pieces pillsbury grand buttermilk biscuit dough
- ☐ 6 eggs

Equipment

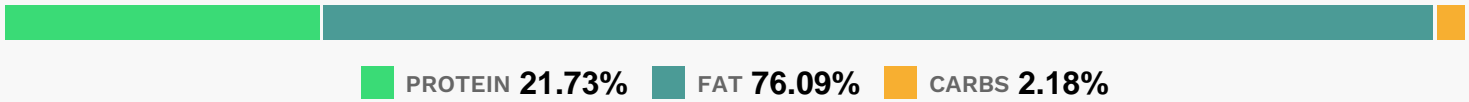
- ☐ frying pan
- ☐ oven
- ☐ cookie cutter

☐ muffin tray

Directions

- ☐ Coat six muffin pan molds with oil. Preheat oven to 375F.
- ☐ Take one piece of biscuit dough and break it in half. Mold the half to form a smaller biscuit piece but in the same flat circle form. Take a small cookie cutter or biscuit cutter to cut a hole in the center of the biscuit dough.
- ☐ Place donut shaped dough into muffin pan. Repeat wit remaining dough pieces.
- ☐ Take a slice of precooked bacon and line it around the muffin mold. Crack an egg on top of each biscuit, leaving behind about half the egg white, and letting the egg yolk sit in the middle. I left about half of the egg white out because the egg white takes the longest to cook in the oven and the egg yolk tends to overcook if you have too much egg white in the pan and it also prevents the biscuit from cooking properly.
- ☐ Bake for about 15–20 minutes or until egg white and biscuit is completely cooked.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:5.4491304417505%

Nutrients (% of daily need)

Calories: 156.49kcal (7.82%), Fat: 13g (20%), Saturated Fat: 4.31g (26.97%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.18g (0.2%), Cholesterol: 178.21mg (59.4%), Sodium: 212.83mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Selenium: 18.02µg (25.75%), Vitamin B2: 0.22mg (12.96%), Phosphorus: 120.95mg (12.1%), Vitamin B12: 0.5µg (8.37%), Vitamin B5: 0.8mg (7.98%), Vitamin B6: 0.13mg (6.68%), Vitamin D: 0.97µg (6.45%), Zinc: 0.83mg (5.53%), Vitamin B1: 0.08mg (5.36%), Folate: 21.03µg (5.26%), Vitamin A: 245.75IU (4.91%), Iron: 0.88mg (4.87%), Vitamin B3: 0.93mg (4.67%), Vitamin E: 0.56mg (3.75%), Potassium: 105.4mg (3.01%), Calcium: 25.99mg (2.6%), Copper: 0.04mg (2.07%), Magnesium: 8.01mg (2%)