



## Bacon & Egg Biscuits

READY IN



25 min.

SERVINGS



25

CALORIES



125 kcal

### Ingredients

- 8 slices oscar mayer bacon cooked
- 16.3 oz grand-size buttermilk biscuits refrigerated canned (8 biscuits)
- 0.5 cup philadelphia chive & onion cream cheese spread
- 6 eggs
- 0.3 cup milk
- 0.3 tsp pepper

### Equipment

- frying pan
- oven

whisk

## Directions

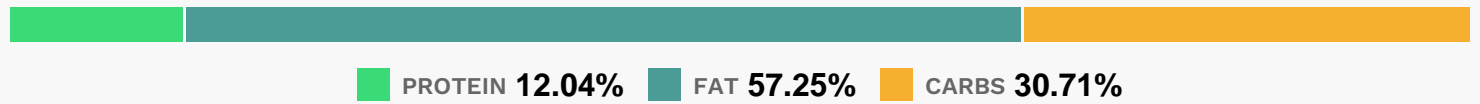
Bake biscuits as directed on package.

Meanwhile, beat eggs, milk and pepper with whisk until blended. Cook in large nonstick skillet on medium heat 3 min. until eggs begin to set, stirring occasionally.

Add cream cheese spread; cook 2 to 3 min. or until cream cheese is melted and eggs are set, stirring occasionally.

Split warm biscuits; fill with egg mixture and bacon.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:3.480000032031%

## Nutrients (% of daily need)

Calories: 125.19kcal (6.26%), Fat: 7.94g (12.21%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.33g (3.39%), Sugar: 0.98g (1.09%), Cholesterol: 47.32mg (15.77%), Sodium: 258.02mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Selenium: 8.19µg (11.71%), Phosphorus: 113.84mg (11.38%), Vitamin B1: 0.1mg (6.96%), Vitamin B2: 0.11mg (6.62%), Iron: 0.83mg (4.59%), Vitamin B3: 0.91mg (4.57%), Folate: 17.91µg (4.48%), Manganese: 0.08mg (3.94%), Vitamin B12: 0.17µg (2.88%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.39mg (2.58%), Calcium: 24.86mg (2.49%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 108.51IU (2.17%), Zinc: 0.32mg (2.14%), Potassium: 75.06mg (2.14%), Vitamin D: 0.28µg (1.83%), Magnesium: 5.68mg (1.42%), Copper: 0.03mg (1.31%)