



Bacon 'n Eggs Pie

READY IN



20 min.

SERVINGS



6

CALORIES



376 kcal

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 2 Tbsp butter
- 7.5 oz biscuits refrigerated canned
- 3 oz philadelphia cream cheese cubed
- 6 eggs
- 0.3 cup milk
- 0.3 tsp pepper

Equipment

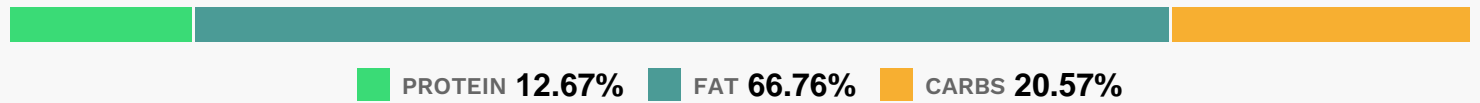
- frying pan

- oven
- whisk

Directions

- Heat oven to 375F.
- Separate biscuits; press onto bottom and up side of 9-inch pie plate.
- Bake 10 to 12 min. or until lightly browned. Meanwhile, melt butter in medium skillet on low heat.
- Whisk eggs, milk and seasonings until blended; pour into skillet. Cook 4 to 5 min. or until eggs begin to set, stirring occasionally.
- Add cream cheese; cook 3 to 4 min. or until cream cheese is melted and eggs are completely set, stirring occasionally.
- Spoon egg mixture into crust; top with bacon.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:11.33, Inflammation Score:-4, Nutrition Score:10.40739135679%

Nutrients (% of daily need)

Calories: 375.51kcal (18.78%), Fat: 27.83g (42.82%), Saturated Fat: 9.08g (56.75%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.81g (6.84%), Sugar: 2.58g (2.87%), Cholesterol: 194.5mg (64.83%), Sodium: 635.62mg (27.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.77%), Selenium: 26.07µg (37.25%), Phosphorus: 301.24mg (30.12%), Vitamin B2: 0.38mg (22.09%), Vitamin B1: 0.24mg (16.07%), Vitamin A: 626.16IU (12.52%), Folate: 46.82µg (11.71%), Iron: 2.05mg (11.41%), Vitamin B12: 0.66µg (11%), Vitamin B3: 2.13mg (10.67%), Vitamin B5: 1.04mg (10.39%), Vitamin E: 1.3mg (8.66%), Vitamin B6: 0.17mg (8.34%), Manganese: 0.17mg (8.32%), Calcium: 75.3mg (7.53%), Zinc: 1.12mg (7.5%), Vitamin D: 1.12µg (7.45%), Potassium: 225.77mg (6.45%), Magnesium: 17.13mg (4.28%), Copper: 0.07mg (3.71%), Vitamin K: 2.06µg (1.96%), Fiber: 0.48g (1.93%)