





Bacon Onion Cheddar Biscuits

READY IN




50 min.

SERVINGS



12

CALORIES



335 kcal

Ingredients

- 10 slices bacon thick cut crumbled
- 1 teaspoon double-acting baking powder
- 2 cups flour all-purpose
- 1 cup onion diced finely
- 0.8 teaspoons salt
- 1 cup sharp cheddar cheese grated
- 4 Tablespoons vegetable oil
- 0.3 cup shortening (crisco, Etc)
- 1 eggs whole
- 10 Tablespoons milk whole (Milk Is Best)

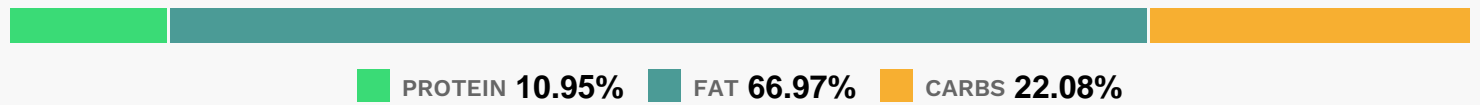
Equipment

- bowl
- frying pan
- oven
- whisk
- muffin tray
- pastry cutter

Directions

- Sift together flour, baking powder, and salt. Using a pastry cutter, cut in shortening until all combined.
- Combine milk, oil, and egg in a separate bowl.
- Whisk together.
- Combine flour mixture, milk mixture, bacon, onions, and cheddar cheese in a large bowl. Stir gently until all combined. Spoon batter into greased muffin tins.
- Bake for 20 to 22 minutes on 375 degrees until golden
- Remove from pan and serve warm.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:12.14, Inflammation Score:-3, Nutrition Score:7.7104347166808%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 335.44kcal (16.77%), Fat: 24.88g (38.28%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 17.67g (6.43%), Sugar: 1.27g (1.41%), Cholesterol: 44.36mg (14.79%), Sodium: 451.94mg (19.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Selenium: 17.19µg (24.55%), Vitamin B1: 0.26mg (17.64%), Phosphorus: 139.88mg (13.99%), Vitamin B3: 2.47mg (12.36%), Vitamin B2: 0.21mg (12.14%), Calcium: 111.42mg (11.14%), Folate: 44.36µg (11.09%), Vitamin K: 11µg (10.48%), Manganese: 0.17mg (8.27%), Iron: 1.24mg (6.88%), Zinc: 0.97mg (6.45%), Vitamin B6: 0.13mg (6.27%), Vitamin E: 0.89mg (5.95%), Vitamin B12: 0.35µg (5.83%), Vitamin B5: 0.44mg (4.45%), Potassium: 132.32mg (3.78%), Magnesium: 14.09mg (3.52%), Fiber: 0.79g (3.16%), Vitamin A: 145.77IU (2.92%), Copper: 0.05mg (2.69%), Vitamin D: 0.39µg (2.58%), Vitamin C: 0.99mg (1.2%)