



Biscuit Hot Browns

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

Ingredients

- 8 slices bacon cooked
- 4 large biscuits frozen
- 4 servings cheese sauce
- 1 cup parmesan cheese shredded
- 2 large tomatoes halved sliced
- 1 pound roasted turkey

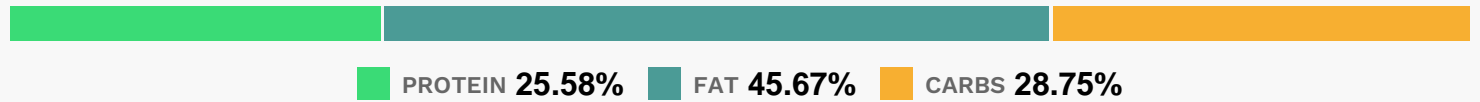
Equipment

- oven

Directions

- Bake 4 large frozen biscuits according to package directions. Split biscuits in half, and toast.
- Arrange 2 halves of biscuits in each of 4 lightly greased individual baking dishes. Top biscuits evenly with turkey.
- Pour hot Cheese Sauce evenly over turkey, and sprinkle with Parmesan cheese.
- Broil 6 inches from heat 4 minutes or until bubbly and lightly browned; remove from oven. Top evenly with bacon and tomato.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:24.77, Inflammation Score:-7, Nutrition Score:24.366956337639%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 585.79kcal (29.29%), Fat: 29.68g (45.66%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 39.94g (14.52%), Sugar: 5.36g (5.96%), Cholesterol: 91.67mg (30.56%), Sodium: 1497.57mg (65.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.79%), Phosphorus: 735.86mg (73.59%), Selenium: 45.36µg (64.8%), Vitamin B3: 11.01mg (55.07%), Calcium: 354.16mg (35.42%), Vitamin B6: 0.7mg (34.98%), Vitamin B1: 0.5mg (33.36%), Vitamin B2: 0.51mg (30.07%), Vitamin B12: 1.56µg (26.07%), Iron: 3.84mg (21.31%), Manganese: 0.42mg (21.19%), Zinc: 3.13mg (20.9%), Vitamin A: 1011.19IU (20.22%), Potassium: 671.34mg (19.18%), Folate: 74.94µg (18.73%), Vitamin C: 12.47mg (15.11%), Magnesium: 59.19mg (14.8%), Vitamin B5: 1.26mg (12.57%), Vitamin E: 1.7mg (11.35%), Vitamin K: 10.77µg (10.26%), Copper: 0.2mg (10.22%), Fiber: 2.09g (8.37%), Vitamin D: 0.43µg (2.87%)