



Breakfast Biscuit Cups for Two

READY IN



35 min.

SERVINGS



2

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 3 eggs beaten
- ☐ 2 biscuits frozen buttermilk or southern style
- ☐ 3 tablespoons oz. bacon into pieces crumbled
- ☐ 2 servings salsa
- ☐ 1 oz cheddar cheese shredded
- ☐ 2 tablespoons water

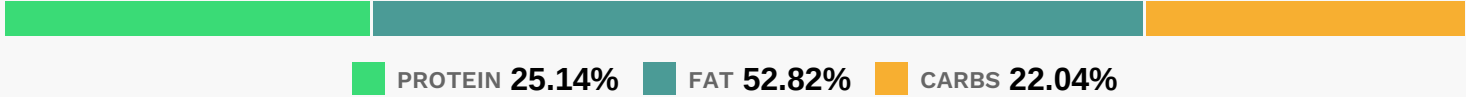
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Spray 2 (10-oz) custard cups or souffl dishes with cooking spray. In small bowl, beat eggs and water; set aside.
- ☐ In each cup, place 1 tablespoon bacon bits; top with 1 frozen biscuit, 2 tablespoons cheese and half of the egg mixture.
- ☐ Sprinkle with pepper.
- ☐ Place custard cups on cookie sheet with sides.
- ☐ Bake 24 to 27 minutes or until biscuits are golden brown.
- ☐ Sprinkle with remaining bacon.
- ☐ Serve immediately with salsa.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:8.3, Inflammation Score:-4, Nutrition Score:11.521304451901%

Nutrients (% of daily need)

Calories: 290.69kcal (14.53%), Fat: 17.08g (26.28%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 15.09g (5.49%), Sugar: 2.58g (2.86%), Cholesterol: 274.26mg (91.42%), Sodium: 959.79mg (41.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.59%), Selenium: 27.76µg (39.65%), Phosphorus: 319.26mg (31.93%), Vitamin B2: 0.44mg (25.64%), Calcium: 153.45mg (15.35%), Vitamin B12: 0.8µg (13.33%), Folate: 53.06µg (13.26%), Iron: 2.27mg (12.63%), Vitamin A: 604.5IU (12.09%), Vitamin B5: 1.19mg (11.94%), Vitamin B1: 0.16mg (10.42%), Vitamin E: 1.48mg (9.84%), Zinc: 1.47mg (9.83%), Vitamin B6: 0.19mg (9.51%), Vitamin D: 1.39µg (9.27%), Manganese: 0.18mg (8.82%), Potassium: 247.5mg (7.07%), Vitamin B3: 1.33mg (6.65%), Magnesium: 21.17mg (5.29%), Copper: 0.1mg (4.9%), Fiber: 0.95g (3.81%), Vitamin K: 3.17µg (3.02%)