



Breakfast Biscuits

 Popular

READY IN



20 min.

SERVINGS



10

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound bacon
- 10 ounce buttermilk biscuit dough refrigerated canned
- 3 tablespoons butter softened
- 10 slices cheddar cheese
- 5 eggs
- 0.3 cup milk

Equipment

- bowl

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place biscuits 2 inches apart on an ungreased cookie sheet.
- Bake in preheated oven for 8 to 11 minutes or until golden brown.
- Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain and set aside.
- In a large bowl, beat together eggs and milk.
- Heat a lightly oiled skillet over medium heat. Scramble eggs to your liking.
- Cut open biscuits, lightly butter, layer with eggs, bacon, and cheese.

Nutrition Facts

PROTEIN 13.57% **FAT 72.16%** **CARBS 14.27%**

Properties

Glycemic Index:18, Glycemic Load:8.92, Inflammation Score:-3, Nutrition Score:10.18173913852%

Nutrients (% of daily need)

Calories: 427.22kcal (21.36%), Fat: 34.15g (52.55%), Saturated Fat: 12.96g (81.01%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.82g (5.39%), Sugar: 1.42g (1.58%), Cholesterol: 138.82mg (46.27%), Sodium: 739.07mg (32.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Selenium: 26.17µg (37.39%), Phosphorus: 315.81mg (31.58%), Vitamin B2: 0.3mg (17.93%), Vitamin B1: 0.26mg (17.57%), Calcium: 157.18mg (15.72%), Vitamin B3: 2.81mg (14.04%), Vitamin B12: 0.68µg (11.38%), Zinc: 1.61mg (10.72%), Vitamin B6: 0.19mg (9.35%), Iron: 1.53mg (8.53%), Folate: 33.88µg (8.47%), Vitamin A: 421.33IU (8.43%), Vitamin B5: 0.77mg (7.72%), Vitamin E: 1.03mg (6.85%), Manganese: 0.12mg (6.21%), Potassium: 206.92mg (5.91%), Vitamin D: 0.79µg (5.27%), Magnesium: 18.31mg (4.58%), Copper: 0.06mg (3.2%), Vitamin K: 1.95µg (1.86%), Fiber: 0.37g (1.47%)