



Cheesy Apple-Bacon Brunch

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apples peeled chopped (such as Braeburn, Gala or Honeycrisp)
- ☐ 1 lb bacon sliced
- ☐ 4 eggs
- ☐ 1.5 cups milk
- ☐ 8 oz cheddar cheese shredded
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups frangelico
- ☐ 1.5 cups frangelico

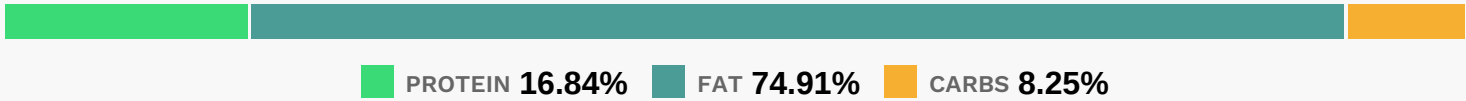
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In 12-inch skillet, cook bacon over low heat 8 to 10 minutes, turning occasionally, until crisp.
- ☐ Drain on paper towels. Crumble bacon; set aside.
- ☐ In small bowl, mix apple and sugar; spread in baking dish. In medium bowl, stir Bisquick mix, milk and eggs until blended; pour over apple.
- ☐ Sprinkle with cheese and bacon.
- ☐ Bake uncovered 30 to 35 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:3.66, Inflammation Score:-3, Nutrition Score:10.74347825154%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg,

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Nutrients (% of daily need)

Calories: 430.69kcal (21.53%), Fat: 35.74g (54.98%), Saturated Fat: 14.53g (90.79%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.48g (3.08%), Sugar: 6.99g (7.77%), Cholesterol: 153.1mg (51.03%), Sodium: 609.56mg (26.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.15%), Selenium: 27.06µg (38.66%), Phosphorus: 302.97mg (30.3%), Calcium: 272.83mg (27.28%), Vitamin B2: 0.34mg (19.96%), Vitamin B12: 1.03µg (17.11%), Zinc: 2.19mg (14.58%), Vitamin B1: 0.2mg (13.45%), Vitamin B6: 0.24mg (12.1%), Vitamin B3: 2.37mg (11.87%), Vitamin A: 506.39IU (10.13%), Vitamin B5: 0.95mg (9.49%), Vitamin D: 1.34µg (8.93%), Potassium: 249.86mg (7.14%), Magnesium: 23.37mg (5.84%), Vitamin E: 0.74mg (4.92%), Folate: 16.76µg (4.19%), Iron: 0.68mg (3.79%), Copper: 0.05mg (2.69%), Fiber: 0.38g (1.5%), Vitamin K: 1.23µg (1.17%), Manganese: 0.02mg (1.13%)