



Cheesy Bacon Pull-Apart Biscuits

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



237 kcal

Ingredients

- 8 slices bacon
- 1.3 cups milk
- 6 tablespoons spring onion chopped
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper red (cayenne)
- 6 oz sharp cheddar cheese shredded
- 3 oz mozzarella cheese shredded
- 4.5 cups frangelico

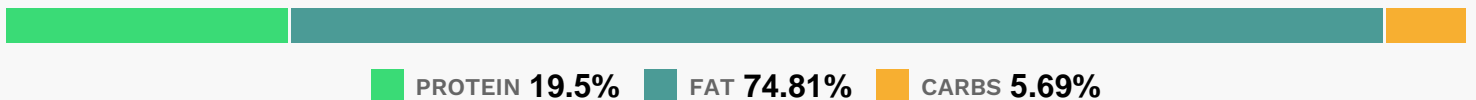
Equipment

- bowl
- frying pan
- paper towels
- oven

Directions

- Heat oven to 400°F. In 9-inch cast-iron skillet, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside. Reserve 2 tablespoons bacon drippings in skillet, coating bottom and side completely. Discard any remaining drippings.
- In large bowl, stir Bisquick mix, milk, 1/4 cup of the onions, the garlic powder and red pepper until soft dough forms. On surface sprinkled with additional Bisquick mix, pat dough to 1-inch thickness.
- Cut dough with 2 1/2-inch round cutter. Arrange rounds in skillet; sprinkle 3/4 cup of the Cheddar cheese evenly between rounds.
- Bake 15 to 17 minutes or until lightly browned.
- Sprinkle mozzarella cheese and remaining 3/4 cup Cheddar cheese on tops of biscuits.
- Bake 2 to 4 minutes longer or until cheese is melted.
- Sprinkle with bacon and remaining 2 tablespoons onions.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:7.0495652893315%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 236.73kcal (11.84%), Fat: 19.66g (30.24%), Saturated Fat: 9.17g (57.29%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.25g (2.5%), Cholesterol: 49.06mg (16.35%), Sodium: 367.6mg (15.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Calcium: 258.54mg (25.85%), Phosphorus: 210mg (21%), Selenium: 13.07µg (18.68%), Vitamin B12: 0.8µg (13.29%), Vitamin B2: 0.2mg (11.89%), Zinc: 1.54mg (10.26%), Vitamin K: 10.24µg (9.75%), Vitamin A: 429.8IU (8.6%), Vitamin B1: 0.1mg (6.4%), Vitamin B6: 0.11mg (5.39%), Vitamin B3: 0.98mg (4.9%), Vitamin D: 0.71µg (4.7%), Magnesium: 16.45mg (4.11%), Potassium: 143.81mg (4.11%), Vitamin B5: 0.38mg (3.81%), Vitamin E: 0.34mg (2.26%), Folate: 8.2µg (2.05%), Iron: 0.25mg (1.38%), Copper: 0.02mg (1.12%), Vitamin C: 0.89mg (1.08%)