



Cream Biscuits with Bacon and Roasted Onions

READY IN



45 min.

SERVINGS



18

CALORIES



292 kcal

Ingredients

- ☐ 3.8 cups flour
- ☐ 6 slices bacon coarsely chopped
- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 large eggs beaten to blend (for glaze)
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 pound onion peeled

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 3 cups whipping cream chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix onions, herbs, and oil in bowl.
- ☐ Spread on large rimmed baking sheet; sprinkle with salt and pepper. Roast until golden, stirring twice, about 30 minutes. Cool. Maintain oven temperature.
- ☐ Cook bacon in medium skillet until crisp and brown. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Blend flour, baking powder, sugar, and salt in large bowl.
- ☐ Mix in bacon and half of roasted onion mixture.
- ☐ Mix in cream, tossing just until dry ingredients are evenly moistened; do not overmix. Turn dough out onto floured work surface. Knead for 5 turns to combine well. Shape into 18-inch-long log.
- ☐ Cut crosswise into eighteen 1-inch-thick rounds. Arrange rounds on baking sheet, spacing evenly apart.
- ☐ Brush each with glaze; top each with some of remaining onion mixture, pressing to adhere.
- ☐ Bake biscuits until golden brown, about 20 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 7.35%**  **FAT 59.16%**  **CARBS 33.49%**

Properties

Glycemic Index:18.95, Glycemic Load:15.72, Inflammation Score:-7, Nutrition Score:7.882173932117%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 291.95kcal (14.6%), Fat: 19.34g (29.76%), Saturated Fat: 10.45g (65.34%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 23.43g (8.52%), Sugar: 2.98g (3.31%), Cholesterol: 60mg (20%), Sodium: 271.11mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Selenium: 12.48µg (17.83%), Vitamin B1: 0.25mg (16.4%), Folate: 56.53µg (14.13%), Vitamin B2: 0.23mg (13.6%), Vitamin A: 676.12IU (13.52%), Vitamin K: 13.33µg (12.69%), Calcium: 118.73mg (11.87%), Manganese: 0.22mg (11.01%), Phosphorus: 104.52mg (10.45%), Vitamin B3: 1.9mg (9.53%), Iron: 1.65mg (9.14%), Fiber: 1.21g (4.85%), Vitamin D: 0.72µg (4.8%), Vitamin E: 0.68mg (4.5%), Vitamin C: 3.61mg (4.38%), Vitamin B6: 0.08mg (4.09%), Potassium: 127.1mg (3.63%), Magnesium: 13.56mg (3.39%), Vitamin B5: 0.33mg (3.34%), Zinc: 0.46mg (3.05%), Copper: 0.06mg (3.01%), Vitamin B12: 0.12µg (2.08%)