



Deluxe Omelet Biscuits

READY IN



45 min.

SERVINGS



9

CALORIES



178 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 bacon crumbled cooked
- ☐ 6 large eggs
- ☐ 2.8 inch biscuits frozen
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 0.5 medium size onion sweet chopped
- ☐ 0.3 cup whipping cream

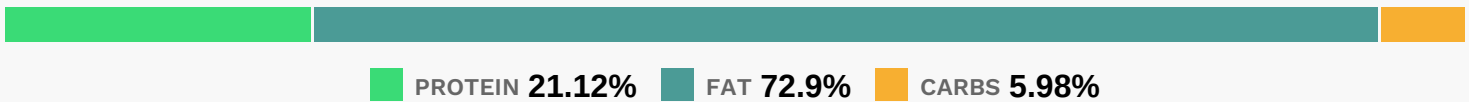
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Bake biscuits according to package directions; set aside.
- ☐ Place butter and onion in a lightly greased 9-inch square pan.
- ☐ Bake at 425 for 7 to 8 minutes.
- ☐ Whisk together eggs and next 3 ingredients.
- ☐ Pour into hot onion mixture; sprinkle with cheese and crumbled bacon.
- ☐ Bake for 12 minutes or until set.
- ☐ Let stand 10 minutes.
- ☐ Cut into 9 (3-inch) squares.
- ☐ Serve in biscuits.
- ☐ NOTE: Recipe may be doubled and baked in a 15X10 inch jellyroll pan. Deluxe Omelet Biscuits may be made ahead and frozen. To reheat, wrap individual frozen omelet biscuits in a paper towel, and microwave at Medium (50% power) 3 1/2 to 4 minute. Or wrap in aluminum foil, and bake at 350' for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:13.78, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:6.2913043965464%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 177.74kcal (8.89%), Fat: 14.36g (22.09%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.31g (1.45%), Cholesterol: 149.36mg (49.79%), Sodium: 388.45mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Selenium: 16.94µg (24.2%), Phosphorus: 157.34mg (15.73%), Vitamin B2: 0.24mg (14.11%), Calcium: 118.01mg (11.8%), Vitamin A: 517.19IU (10.34%), Vitamin B12: 0.5µg (8.39%), Zinc: 1.1mg (7.33%), Vitamin B5: 0.66mg (6.63%), Vitamin B6: 0.12mg (6.05%), Folate: 23.39µg (5.85%), Vitamin D: 0.87µg (5.8%), Vitamin E: 0.64mg (4.26%), Iron: 0.74mg (4.11%), Vitamin B1: 0.06mg (3.96%), Potassium: 114.29mg (3.27%), Vitamin B3: 0.65mg (3.24%), Magnesium: 11.5mg (2.87%), Copper: 0.05mg (2.31%), Manganese: 0.04mg (1.81%), Vitamin C: 0.93mg (1.13%)