



## Egg, Bacon and Sausage Pull Apart

READY IN



60 min.

SERVINGS



8

CALORIES



456 kcal

SIDE DISH

### Ingredients

- 2 slices bacon chopped
- 16.3 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned
- 0.3 lb sausage meat
- 4 eggs lakes®
- 0.5 cup bell pepper green chopped
- 3 tablespoons spring onion chopped
- 0.3 cup bell pepper red chopped
- 4 oz cheddar cheese shredded

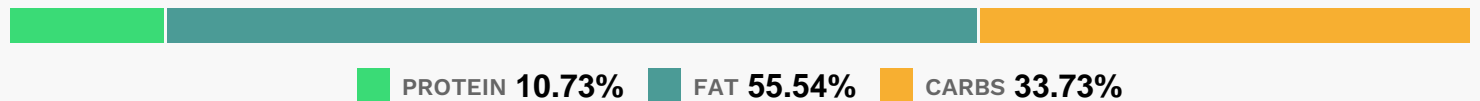
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Heat 7-inch skillet; cook sausage and bacon over medium heat about 10 minutes, stirring frequently, until sausage is no longer pink; drain. Cool slightly; crumble sausage.
- Meanwhile, separate dough into 8 biscuits; cut each into quarters. In large bowl, beat eggs with fork or wire whisk until well mixed.
- Add biscuit pieces to eggs; gently toss to coat evenly.
- Add cooled sausage mixture and all remaining ingredients except cheese; gently toss until blended. Spoon mixture into baking dish; arrange biscuit pieces in single layer. Top with cheese.
- Bake 35 to 45 minutes or until center is set and biscuits are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:24.13, Glycemic Load:23.32, Inflammation Score:-5, Nutrition Score:11.340000131856%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 456.01kcal (22.8%), Fat: 28.02g (43.11%), Saturated Fat: 10.08g (62.97%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 37.24g (13.54%), Sugar: 13.08g (14.53%), Cholesterol: 109.85mg (36.62%), Sodium: 455.23mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.18g (24.35%), Selenium: 15.47µg (22.1%), Vitamin B2: 0.37mg (22.03%), Vitamin B1: 0.28mg (18.67%), Phosphorus: 177.57mg (17.76%), Vitamin C: 13.97mg (16.93%), Folate: 64.76µg (16.19%), Vitamin B3: 2.91mg (14.54%), Manganese: 0.28mg (13.81%), Iron: 2.39mg (13.3%), Vitamin E: 1.92mg (12.78%), Calcium: 124.47mg (12.45%), Vitamin K: 12.39µg (11.8%), Vitamin A: 525.85IU (10.52%), Zinc: 1.49mg (9.95%), Vitamin B6: 0.18mg (9.1%), Vitamin B12: 0.49µg (8.23%), Vitamin B5: 0.72mg (7.22%), Vitamin D: 0.73µg (4.88%), Potassium: 170.48mg (4.87%), Magnesium: 19.14mg (4.78%), Copper: 0.09mg (4.65%), Fiber: 1.07g (4.26%)