



Grandwich Breakfast Sandwiches



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 8 slices d precooked bacon cut in half crosswise
- ☐ 16.3 ounce grands!® biscuits refrigerated pillsbury® canned
- ☐ 6 eggs

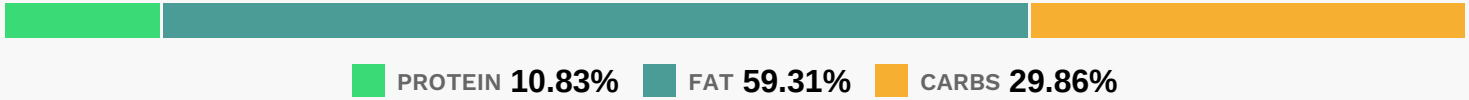
Equipment

- ☐ oven
- ☐ microwave

Directions

- ☐ Bake biscuits as directed on can.
- ☐ Meanwhile, microwave bacon as directed on package.
- ☐ Split warm biscuits; top bottom half of each with scrambled eggs, bacon and cheese. Cover with top halves of biscuits.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:23.31, Inflammation Score:-4, Nutrition Score:11.94043464246%

Nutrients (% of daily need)

Calories: 513.74kcal (25.69%), Fat: 33.68g (51.81%), Saturated Fat: 12.43g (77.68%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 37.4g (13.6%), Sugar: 13.07g (14.53%), Cholesterol: 158.28mg (52.76%), Sodium: 747.31mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.69%), Selenium: 22.38µg (31.97%), Phosphorus: 269.75mg (26.98%), Calcium: 246.54mg (24.65%), Vitamin B2: 0.4mg (23.48%), Vitamin B1: 0.28mg (18.73%), Folate: 63.98µg (15.99%), Vitamin B3: 2.82mg (14.1%), Iron: 2.52mg (14.01%), Vitamin E: 2.02mg (13.46%), Manganese: 0.27mg (13.37%), Vitamin B12: 0.72µg (11.98%), Zinc: 1.49mg (9.94%), Vitamin B5: 0.89mg (8.87%), Vitamin A: 434.47IU (8.69%), Vitamin B6: 0.17mg (8.35%), Vitamin K: 7µg (6.67%), Vitamin D: 0.87µg (5.83%), Magnesium: 20.15mg (5.04%), Potassium: 167.65mg (4.79%), Copper: 0.09mg (4.73%), Fiber: 0.75g (3%)