



## Morning Rise & Dine Cups

READY IN



35 min.

SERVINGS



35

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz biscuits refrigerated canned (5 biscuits)
- 1.3 cups cholesterol-free egg product
- 3 green onions sliced
- 0.3 cup roasted peppers red chopped
- 0.5 cup milk sharp cheddar cheese shredded 2% divided kraft

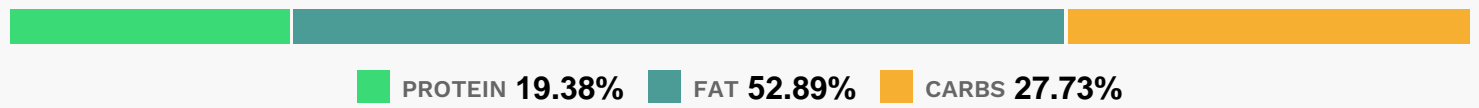
### Equipment

- oven
- muffin liners

## Directions

- Heat oven to 375F.
- Separate biscuits; cut each crosswise in half. Press each into 4-inch round.
- Place 1 dough round in each of 10 muffin cups sprayed with cooking spray.
- Combine egg product, peppers, onions and 1/4 cup cheese; spoon into cups.
- Bake 15 min. or until centers are set.
- Sprinkle with remaining cheese; bake 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:3.54, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:1.6982608968797%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 37.24kcal (1.86%), Fat: 2.18g (3.36%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.47g (0.9%), Sugar: 0.23g (0.26%), Cholesterol: 33.95mg (11.32%), Sodium: 82.52mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Selenium: 4.04µg (5.78%), Phosphorus: 46.06mg (4.61%), Vitamin B2: 0.06mg (3.65%), Vitamin K: 2.39µg (2.28%), Folate: 8.64µg (2.16%), Calcium: 19.8mg (1.98%), Iron: 0.34mg (1.88%), Vitamin B1: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.69%), Vitamin A: 78.59IU (1.57%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.2mg (1.34%), Manganese: 0.02mg (1.24%), Vitamin D: 0.18µg (1.22%), Vitamin E: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.03%)