



Omelet Biscuit Cups

READY IN



30 min.

SERVINGS



5

CALORIES



432 kcal

Ingredients

- 1 tablespoon butter
- 12 ounces biscuits refrigerated
- 0.3 cup mushrooms canned chopped
- 1 cup finely-chopped ham diced fully cooked
- 4 eggs
- 0.3 cup milk
- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 0.8 cup cheddar cheese shredded divided

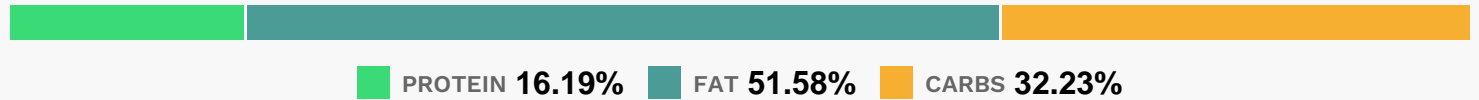
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Press biscuits onto the bottom and up the sides of greased muffin cups; set aside. In a large bowl, beat the eggs, milk, salt and pepper. Stir in the ham, 1/4 cup cheese and mushrooms.
- In a skillet, melt butter; add the egg mixture. Cook and stir until eggs are nearly set. Spoon into biscuit cups.
- Bake at 375° for 10–15 minutes or until biscuits are golden brown.
- Sprinkle with remaining cheese.
- Bake 2 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:42.4, Glycemic Load:21.21, Inflammation Score:-5, Nutrition Score:15.589565256368%

Nutrients (% of daily need)

Calories: 431.63kcal (21.58%), Fat: 24.75g (38.08%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 33.65g (12.24%), Sugar: 3.39g (3.76%), Cholesterol: 172.56mg (57.52%), Sodium: 1187.78mg (51.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.97%), Phosphorus: 525.82mg (52.58%), Selenium: 33.56µg (47.94%), Vitamin B2: 0.51mg (29.89%), Vitamin B1: 0.45mg (29.68%), Calcium: 191.32mg (19.13%), Iron: 3.17mg (17.6%), Folate: 69.75µg (17.44%), Vitamin B3: 3.3mg (16.5%), Vitamin B12: 0.98µg (16.29%), Manganese: 0.3mg (15.24%), Zinc: 2.03mg (13.57%), Vitamin B5: 1.14mg (11.45%), Vitamin E: 1.47mg (9.78%), Vitamin A: 451.29IU (9.03%), Potassium: 310.61mg (8.87%), Vitamin B6: 0.18mg (8.77%), Magnesium: 28.28mg (7.07%), Copper: 0.14mg (6.92%), Vitamin D: 0.96µg (6.4%), Vitamin C: 5.27mg (6.38%), Fiber: 1.15g (4.59%), Vitamin K: 3.62µg (3.44%)