



Savory Tomato-Bacon Biscuit Bites

READY IN



45 min.

SERVINGS



32

CALORIES



84 kcal

Ingredients

- ☐ 2 cups bisquick original baking mix all-purpose
- ☐ 10 bacon crumbled cooked
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.7 cup mayonnaise divided
- ☐ 0.3 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 large plum tomatoes cut into 8 slices
- ☐ 1 tablespoon sugar

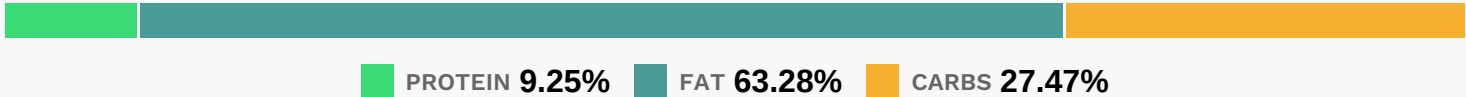
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a medium bowl; stir in 1/3 cup mayonnaise and milk with a fork until moistened. Turn dough out onto a lightly floured surface, and knead 5 or 6 times.
- ☐ Pat or roll dough to 1/4-inch thickness; cut with a 1 3/4-inch round cutter, and place on a lightly greased baking sheet.
- ☐ Bake at 425 for 8 to 10 minutes or until golden brown. Cool slightly.
- ☐ Spread each biscuit evenly with half of remaining 1/3 cup mayonnaise; top with a tomato slice.
- ☐ Spread tomato slices with remaining mayonnaise; sprinkle evenly with bacon and, if desired, sliced green onions.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:2.3000000015549%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 84.12kcal (4.21%), Fat: 5.9g (9.07%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.48g (1.99%), Sugar: 1.58g (1.75%), Cholesterol: 5.72mg (1.91%), Sodium: 186.7mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin K: 9.13µg (8.7%), Phosphorus: 65.08mg (6.51%), Vitamin B1: 0.06mg (4.13%), Selenium: 2.34µg (3.35%), Vitamin B3: 0.66mg (3.28%), Vitamin B2: 0.05mg (2.81%), Folate: 11µg (2.75%), Calcium: 27.43mg (2.74%), Manganese: 0.04mg (1.98%), Vitamin A: 88.48IU (1.77%), Iron: 0.29mg (1.62%), Vitamin E: 0.24mg (1.58%), Vitamin B12: 0.09µg (1.44%), Potassium: 49.89mg (1.43%), Vitamin B6:

0.03mg (1.43%), Vitamin C: 1.1mg (1.33%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.2%), Fiber: 0.28g (1.13%),
Magnesium: 4.34mg (1.08%), Copper: 0.02mg (1.03%)