



## Scrambled Egg Biscuit Cups

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



95 kcal

### Ingredients

- 1.5 oz cheddar cheese shredded
- 0.8 cup milk
- 8 eggs
- 0.1 teaspoon pepper
- 1 tablespoon butter softened
- 0.5 cup mozzarella cheese (from 1-lb jar)
- 3 tablespoons oz. bacon into pieces cooked (from 3-oz package)
- 1 tablespoon chives fresh chopped
- 1 serving oz. bacon into pieces cooked

- 2 cups frangelico

## Equipment

- bowl
- frying pan
- oven
- knife
- muffin liners

## Directions

- Heat oven to 425°F. Spray bottoms only of 12 regular-size muffin cups with cooking spray. In medium bowl, mix Bisquick mix, cheese and 1/2 cup of the milk until soft dough forms.
- Place dough on surface sprinkled with Bisquick mix. Shape into a ball; knead 4 or 5 times. Shape into 10-inch-long roll.
- Cut roll into 12 pieces. Press each piece in bottom and up side of muffin cup, forming edge at rim.
- Bake 8 to 10 minutes or until golden brown.
- Remove from oven. With back of spoon, press puffed crust in each cup to make indentation.
- In large bowl, beat eggs, remaining 1/4 cup milk and the pepper until well blended. In 10-inch nonstick skillet, melt butter over medium heat.
- Add egg mixture; cook 3 to 4 minutes, stirring occasionally, until firm but still moist. Fold in pasta sauce and bacon until blended.
- To remove biscuit cups from pan, run knife around edge of cups. Spoon egg mixture into biscuit cups.
- Sprinkle chives and additional bacon bits over tops.

## Nutrition Facts



## Properties

Glycemic Index:14.08, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:4.1986956714612%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 94.62kcal (4.73%), Fat: 6.86g (10.55%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.91g (1.01%), Cholesterol: 120.8mg (40.27%), Sodium: 165.9mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Selenium: 11.09µg (15.85%), Vitamin B2: 0.18mg (10.86%), Phosphorus: 106.68mg (10.67%), Calcium: 84.48mg (8.45%), Vitamin B12: 0.49µg (8.14%), Vitamin A: 302.89IU (6.06%), Vitamin D: 0.79µg (5.3%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.71mg (4.73%), Folate: 15.14µg (3.78%), Vitamin B6: 0.06mg (3.19%), Iron: 0.55mg (3.03%), Vitamin E: 0.39mg (2.59%), Potassium: 71.14mg (2.03%), Magnesium: 7.42mg (1.85%), Vitamin B1: 0.02mg (1.54%), Copper: 0.02mg (1.18%)