



## Scrambled Egg Biscuit Cups

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



86 kcal

### Ingredients

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

- 2 cups frangelico
- 2 cups frangelico

## Equipment

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

## Directions

- Heat oven to 425F. 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

 **PROTEIN 29.47%**  **FAT 63.16%**  **CARBS 7.37%**

## Properties

Glycemic Index:15.58, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:4.1504347713097%

## 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: 86.34kcal (4.32%), Fat: 6.04g (9.3%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.42g (0.52%), Sugar: 1.22g (1.36%), Cholesterol: 118.42mg (39.47%), Sodium: 212.52mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Selenium: 10.36µg (14.8%), Vitamin B2: 0.18mg (10.48%), Phosphorus: 92.92mg (9.29%), Vitamin B12: 0.38µg (6.37%), Vitamin A: 315.54IU (6.31%), Calcium: 62.34mg (6.23%), Vitamin B5: 0.55mg (5.55%), Vitamin D: 0.78µg (5.17%), Zinc: 0.6mg (3.97%), Folate: 15.73µg (3.93%), Vitamin B6: 0.07mg (3.61%), Vitamin E: 0.53mg (3.51%), Iron: 0.62mg (3.46%), Potassium: 97.91mg (2.8%), Magnesium: 8.01mg (2%), Copper: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.61%), Manganese: 0.02mg (1.18%), Vitamin C: 0.86mg (1.05%), Vitamin K: 1.07µg (1.02%)