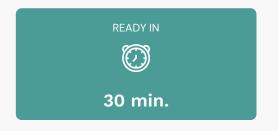
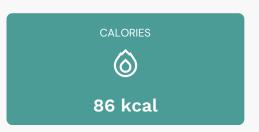


# **Scrambled Egg Biscuit Cups**

**Gluten Free** 







## **Ingredients**

1 tablespoon butter softened
8 eggs
1 tablespoon chives fresh chopped
O.8 cup milk
O.5 cup pasta sauce (from 1-lb jar)
O.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	
Ec	quipment	
	bowl	
	frying pan	
	oven	
	knife	
	muffin liners	
Di	rections	
	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**

#### **Flavonoids**

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg 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: Og (100%), Alcohol %: O% (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%)