



Southern Eggs and Biscuits

READY IN



55 min.

SERVINGS



8

CALORIES



861 kcal

Ingredients

- 1 pound bacon diced sliced
- 1.3 cups buttermilk
- 0.3 cup flour all-purpose
- 10 hardboiled eggs sliced
- 4 cups milk
- 0.1 teaspoon pepper
- 2 cups processed cheese food cubed (Velveeta)
- 0.3 teaspoon salt
- 3 cups self raising flour
- 0.5 cup shortening

Equipment

- baking sheet
- oven
- whisk
- baking pan

Directions

- Place eggs in a greased 13-in. x 9-in. baking dish. In a large skillet, cook bacon until crisp.
- Drain, reserving 1/4 cup drippings.
- Sprinkle bacon over eggs.
- Whisk the flour, salt and pepper into reserved drippings until smooth. Gradually add milk. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Stir in cheese until melted; pour over eggs.
- For biscuits, cut shortening into flour until mixture resembles coarse crumbs. Stir in buttermilk; gently knead six to eight times.
- Roll out on a lightly floured surface to 1/2-in. thickness.
- Cut with a 2-1/2-in. biscuit cutter and place on a greased baking sheet.
- Bake biscuits and eggs at 400° for 25 minutes or until biscuits are golden brown.
- Serve eggs over biscuits.

Nutrition Facts

  
 PROTEIN **15.3%**  FAT **62.13%**  CARBS **22.57%**

Properties

Glycemic Index:33.75, Glycemic Load:27.99, Inflammation Score:-6, Nutrition Score:23.917391300201%

Nutrients (% of daily need)

Calories: 861.13kcal (43.06%), Fat: 59.05g (90.85%), Saturated Fat: 22.21g (138.8%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 46.97g (17.08%), Sugar: 9.35g (10.39%), Cholesterol: 324.31mg (108.1%), Sodium: 1197.66mg (52.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.73g (65.45%), Selenium: 61.8µg

(88.28%), Phosphorus: 619.73mg (61.97%), Calcium: 601.14mg (60.11%), Vitamin B2: 0.74mg (43.25%), Vitamin B12: 2.33µg (38.89%), Vitamin B1: 0.37mg (24.66%), Vitamin D: 3.64µg (24.28%), Manganese: 0.45mg (22.71%), Vitamin B5: 2.24mg (22.43%), Zinc: 3.28mg (21.83%), Vitamin A: 937.35IU (18.75%), Vitamin B6: 0.35mg (17.66%), Vitamin B3: 3.29mg (16.43%), Potassium: 523.72mg (14.96%), Vitamin E: 2.23mg (14.87%), Folate: 57.18µg (14.3%), Magnesium: 53.46mg (13.37%), Iron: 1.88mg (10.47%), Vitamin K: 8.6µg (8.19%), Copper: 0.15mg (7.6%), Fiber: 1.27g (5.09%)