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# Spinach, Bacon & Tomato Biscuit Bowl

A delicious biscuit bowl filled with spinach, bacon, and tomatoes. Perfect for breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

## Ingredients

200 g	spinach
150 g	bacon
150 g	Tomatoes
500 g	biscuits

# Directions

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## Step 1

### Preheating

Preheat the oven to 375°F.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Frying

Cook the bacon in a skillet until crispy. Remove and crumble.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 3

### Sautéing

In the same skillet, sauté the spinach until wilted.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

## Cutting

Cut the tomatoes into small pieces.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

### Baking

Bake the biscuits according to package instructions.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 6

### Assembly

Assemble the biscuit bowls by filling each biscuit with spinach, bacon, and tomatoes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring

### Meal Type

Breakfast

Lunch

Brunch

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Halloween

### Cost

Under \$10

### Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

### Nutritional Content

Low Calorie

High Protein

Low Carb

High Fiber

Low Sodium

High Iron

### Difficulty Level

Medium

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