



Healthdor

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Fully Loaded Biscuit ♦♦

A delicious and hearty biscuit loaded with various ingredients for a satisfying meal.
Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

250 g	biscuit mix
150 ml	Milk
100 g	Cheddar Cheese
100 g	bacon
4 pieces	Eggs
50 g	Butter

1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the biscuit mix, milk, cheddar cheese, and cooked bacon. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

On a floured surface, roll out the dough to a thickness of about 1 inch. Use a biscuit cutter to cut out the biscuits.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Place the biscuits on a baking sheet lined with parchment paper. Brush the tops with melted butter and sprinkle with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 15-20 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Frying

While the biscuits are baking, fry the eggs in a separate pan.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Remove the biscuits from the oven and let them cool slightly. Slice each biscuit in half and place a fried egg on top. Serve warm.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	20 mcg	833.33%	833.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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