



HEALTH SCORE

96%

Breakfast Biscuit Sandwiches



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



6204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 10 ounces cheddar cheese sliced
- ☐ 10 ounces country ham sliced
- ☐ 10 fried eggs for serving
- ☐ 4 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons kosher salt

- ☐ 1 serving raspberry jam for serving
- ☐ 2 sticks butter unsalted chilled cubed plus more for spreading

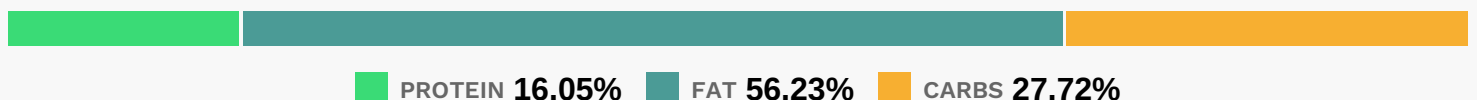
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat the oven to 400 and position racks in the upper and lower thirds. Line 2 baking sheets with parchment paper. In a large bowl, whisk the flour with the salt, baking powder and baking soda. Using a pastry blender or 2 knives, cut in the butter until it is the size of small peas.
- ☐ Add the buttermilk and stir until a shaggy dough forms.
- ☐ Turn the dough out onto a floured surface; knead until it comes together. Pat the dough 3/4 inch thick. Using a 3 1/2-inch round cutter, stamp out as many biscuits as possible. Reroll the scraps and stamp out more biscuits.
- ☐ Transfer the biscuits to the baking sheets and bake for about 30 minutes, until golden and risen, shifting the pans halfway through baking.
- ☐ Let the biscuits cool.
- ☐ Split the biscuits and spread with butter. Preheat a griddle and cook the biscuits, cut side down, until golden. Fill the biscuits with ham, cheddar and fried eggs.
- ☐ Spread with raspberry jam, if desired. Close and serve.

Nutrition Facts



Properties

Glycemic Index:280, Glycemic Load:295.36, Inflammation Score:-10, Nutrition Score:83.140869679658%

Nutrients (% of daily need)

Calories: 6203.51kcal (310.18%), Fat: 385.91g (593.71%), Saturated Fat: 208.86g (1305.4%), Carbohydrates: 428.1g (142.7%), Net Carbohydrates: 414.35g (150.67%), Sugar: 31.32g (34.8%), Cholesterol: 2621.56mg (873.85%), Sodium: 23218.49mg (1009.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 247.85g (495.69%), Selenium: 465.22µg (664.6%), Vitamin B2: 7.07mg (415.81%), Phosphorus: 4074.71mg (407.47%), Vitamin B1: 6.07mg (404.71%), Calcium: 3884.12mg (388.41%), Folate: 1216.82µg (304.2%), Vitamin A: 11458.36IU (229.17%), Vitamin B3: 43.07mg (215.35%), Iron: 36.17mg (200.96%), Zinc: 27.78mg (185.19%), Manganese: 3.67mg (183.53%), Vitamin B12: 10.78µg (179.59%), Vitamin D: 20.56µg (137.04%), Vitamin B5: 13.02mg (130.22%), Vitamin B6: 2.38mg (119.06%), Vitamin E: 13.59mg (90.57%), Magnesium: 339.75mg (84.94%), Potassium: 2733.41mg (78.1%), Copper: 1.52mg (76.22%), Fiber: 13.76g (55.02%), Vitamin K: 26.52µg (25.26%), Vitamin C: 1.76mg (2.13%)