



## Cheesy Ham Bubble Bakes

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 oz biscuits refrigerated canned (10 biscuits)
- 6 oz oscar mayer ham smoked chopped
- 0.8 cup cheddar cheese shredded kraft

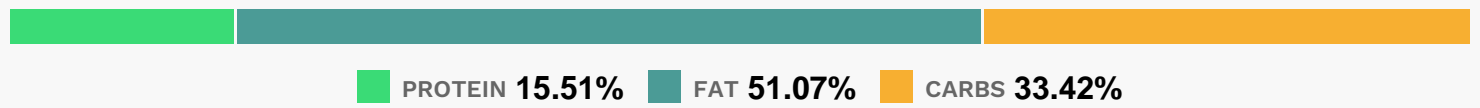
### Equipment

- bowl
- frying pan
- oven
- muffin tray

## Directions

- Heat oven to 350F.
- Combine ham and cheese in large bowl.
- Cut each biscuit into 4 pieces.
- Add to ham mixture; mix lightly. Spoon into 8 muffin pan cups sprayed with cooking spray.
- Bake 20 min. or until puffed and golden brown. Cool 10 min. before removing from pan.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.63, Glycemic Load:3, Inflammation Score:-1, Nutrition Score:1.7404347995053%

## Nutrients (% of daily need)

Calories: 57.17kcal (2.86%), Fat: 3.24g (4.99%), Saturated Fat: 1g (6.23%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.35g (0.38%), Cholesterol: 5.53mg (1.84%), Sodium: 165.08mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Phosphorus: 63.29mg (6.33%), Selenium: 3.62µg (5.17%), Vitamin B1: 0.07mg (4.76%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.54mg (2.72%), Calcium: 22.22mg (2.22%), Iron: 0.37mg (2.04%), Manganese: 0.04mg (1.95%), Folate: 7.46µg (1.86%), Zinc: 0.25mg (1.66%), Vitamin B6: 0.02mg (1.24%), Vitamin B12: 0.07µg (1.17%), Vitamin E: 0.16mg (1.09%), Potassium: 37.54mg (1.07%)