



Country Ham and Fried Egg on Angel Biscuits

READY IN



165 min.

SERVINGS



4

CALORIES



1114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 cup blackberries fresh
- ☐ 0.3 pound country ham sliced paper thin
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose plus more for rolling
- ☐ 0.3 cup heavy cream for brushing on top
- ☐ 2 teaspoons yeast instant
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup milk at room temperature

- ☐ 0.8 teaspoon salt fine
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted cold cut into pats
- ☐ 4 tablespoons butter unsalted divided
- ☐ 4 tablespoons butter unsalted melted for brushing on top
- ☐ 0.3 cup vegetable shortening
- ☐ 4 servings variation: whipped cream and blackberry topping sweet
- ☐ 4 servings whipped cream to top

Equipment

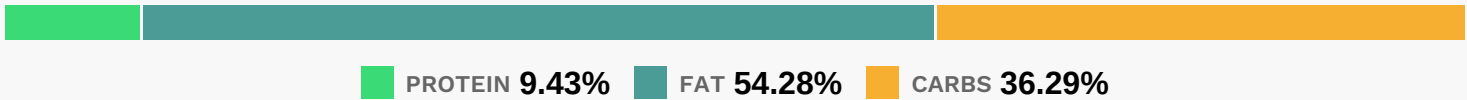
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ kitchen towels

Directions

- ☐ Whisk together the flour, sugar, baking powder, yeast, and salt in a large bowl.
- ☐ Cut in the shortening and 1/4 cup butter pats until pea-size bits remain.
- ☐ Add the milk and gently stir until combined. The dough will be wet.
- ☐ Transfer the dough to a well-floured surface and gently pat into a 9-inch round that is 1-inch thick.
- ☐ Cut the dough into 2-inch rounds using a cookie cutter.

- ☐ Transfer the rounds to a parchment paper-lined baking sheet that has been lightly coated with cooking spray. Cover with a clean kitchen towel and let sit at room temperature for 1 hour.
- ☐ Remove the towel and cover with plastic wrap and place in the freezer for 1 hour and up to 24 hours.
- ☐ Cook's Note: The longer the biscuits stay in the freezer, the lighter and fluffier they become. You can make ahead and just bake off a few as you need them.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Brush the tops of the biscuits with the heavy cream and bake until golden brown, about 15 minutes.
- ☐ Remove from the oven and brush the tops with the melted butter.
- ☐ Let cool slightly, then sprinkle the top with black pepper and slice open.
- ☐ Heat 1 tablespoon of the unsalted butter in a small (6-inch) nonstick saute pan over medium-high heat until it begins to sizzle.
- ☐ Add one egg at a time, season top with salt and pepper and cook until the white is set, gently flip over and continue cooking for another minute or so. Flip so the top side is up.
- ☐ Place a few slices of ham on the bottom biscuit and top with the egg, place the other half of the biscuit on top and serve immediately.
- ☐ *Cook's Note: It's American prosciutto .
- ☐ Macerate the berries with the sugar in a bowl for about 30 minutes. Put some of the berries on the bottom half of the biscuit.
- ☐ Add whipped cream and top with the other half of the biscuit.

Nutrition Facts



Properties

Glycemic Index:128.05, Glycemic Load:67.71, Inflammation Score:-9, Nutrition Score:32.68869557588%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg,

Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 1114.43kcal (55.72%), Fat: 68.03g (104.66%), Saturated Fat: 34.54g (215.86%), Carbohydrates: 102.34g (34.11%), Net Carbohydrates: 96.67g (35.15%), Sugar: 37.45g (41.61%), Cholesterol: 327.53mg (109.18%), Sodium: 1147.16mg (49.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.17%), Vitamin B1: 1.52mg (101.15%), Folate: 318.96µg (79.74%), Selenium: 51.28µg (73.26%), Vitamin B2: 1.07mg (62.75%), Phosphorus: 436.16mg (43.62%), Vitamin B3: 8.66mg (43.3%), Manganese: 0.82mg (41.09%), Vitamin A: 1801.54IU (36.03%), Calcium: 309.09mg (30.91%), Iron: 5.44mg (30.24%), Vitamin B5: 2.58mg (25.85%), Fiber: 5.66g (22.65%), Vitamin E: 3.1mg (20.7%), Zinc: 2.89mg (19.27%), Vitamin B6: 0.38mg (18.85%), Vitamin D: 2.79µg (18.59%), Vitamin B12: 1.09µg (18.17%), Vitamin K: 18.36µg (17.48%), Potassium: 485.23mg (13.86%), Copper: 0.27mg (13.59%), Magnesium: 50.4mg (12.6%), Vitamin C: 7.67mg (9.29%)