



Country Ham Mini Biscuits



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



607 kcal

Ingredients

- ☐ 8 oz thin- country ham
- ☐ 24 oz biscuits frozen mini (24 biscuits)
- ☐ 5 servings pepper honey black

Equipment

- ☐ oven

Directions

- ☐ Bake biscuits according to package directions.

- ☐
- Fill biscuits evenly with ham.
- ☐
- Serve with Black Pepper Honey.
- ☐
- Note: For testing purposes only, we used Mary B's Bite-Sized Butter Milk Tea Biscuits.

Nutrition Facts

PROTEIN

12%

FAT

44.52%

CARBS

43.48%

Properties

Glycemic Index:19.4, Glycemic Load:41.76, Inflammation Score:-4, Nutrition Score:18.172608451027%

Nutrients (% of daily need)

Calories: 607.16kcal (30.36%), Fat: 30.06g (46.25%), Saturated Fat: 6.1g (38.14%), Carbohydrates: 66.06g (22.02%), Net Carbohydrates: 64.27g (23.37%), Sugar: 4.74g (5.26%), Cholesterol: 29.48mg (9.83%), Sodium: 1820.29mg (79.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Phosphorus: 682.36mg (68.24%), Vitamin B1: 0.85mg (56.92%), Selenium: 35.88µg (51.26%), Vitamin B3: 6.59mg (32.93%), Vitamin B2: 0.5mg (29.28%), Manganese: 0.55mg (27.63%), Iron: 4.89mg (27.19%), Folate: 96.63µg (24.16%), Vitamin E: 1.96mg (13.07%), Potassium: 435.87mg (12.45%), Vitamin B6: 0.24mg (11.83%), Zinc: 1.71mg (11.38%), Vitamin B12: 0.48µg (8.01%), Magnesium: 31.92mg (7.98%), Copper: 0.15mg (7.6%), Fiber: 1.79g (7.18%), Calcium: 70.3mg (7.03%), Vitamin B5: 0.62mg (6.17%), Vitamin K: 5.74µg (5.47%), Vitamin D: 0.32µg (2.12%)