



Easy Ham Balls

READY IN

ready

45 min.

SERVINGS

servings

36

CALORIES

calories

113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups baking mix all-purpose bisquick® such as
- ☐ 1 tablespoon milk
- ☐ 1 cup parmesan cheese grated
- ☐ 2 tablespoons parsley flakes
- ☐ 4 cups cheddar cheese shredded
- ☐ 1.5 cups ham smoked chopped
- ☐ 2 teaspoons spicy mustard

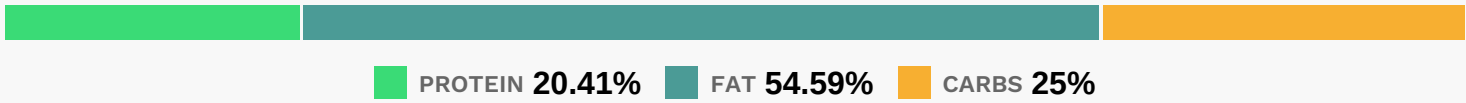
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Mix Cheddar cheese, baking mix, ham, Parmesan cheese, 2/3 cup plus 1 tablespoon milk, parsley, and mustard together in a bowl; form into 36 balls.
- ☐ Arrange balls on a baking sheet, cover with plastic wrap, and put in freezer until firm, about 10 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- ☐ Arrange ham balls on prepared baking sheet; bake in preheated oven until cheese is melted, 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.6295652577411%

Flavonoids

Apigenin: 5mg, Apigenin: 5mg, Apigenin: 5mg, Apigenin: 5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg

Nutrients (% of daily need)

Calories: 113.48kcal (5.67%), Fat: 6.87g (10.57%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.83g (2.48%), Sugar: 1.25g (1.39%), Cholesterol: 18.62mg (6.21%), Sodium: 348.03mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Phosphorus: 151.32mg (15.13%), Calcium: 133.89mg (13.39%), Selenium: 5.39µg (7.7%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.06mg (4.19%), Folate: 15.52µg (3.88%), Vitamin B12: 0.21µg (3.53%), Vitamin A: 153.26IU (3.07%), Manganese: 0.05mg (2.48%), Magnesium: 9.69mg (2.42%), Vitamin K: 2.51µg (2.39%), Iron: 0.43mg (2.39%), Vitamin B3: 0.48mg (2.38%), Copper: 0.04mg (1.94%), Potassium: 54.08mg (1.55%), Vitamin B5: 0.15mg (1.53%), Fiber: 0.25g (1.01%)