



## Eggs & Ham Biscuits

READY IN



30 min.

SERVINGS



5

CALORIES



389 kcal

### Ingredients

- 2 oz processed cheese food shredded
- 1 tablespoon butter
- 10.2 oz biscuits refrigerated pillsbury® canned (5 biscuits)
- 4 oz finely-chopped ham cooked chopped
- 6 eggs beaten
- 2 tablespoons parsley fresh chopped
- 3 tablespoons milk

### Equipment

- bowl

frying pan

oven

## Directions

Heat oven to 350°F.

Bake biscuits as directed on can.

Meanwhile, in medium bowl, mix eggs, ham, parsley and milk. In 10-inch skillet, melt butter over medium heat.

Add egg mixture; cook 6 to 10 minutes or until egg mixture is set, stirring and turning occasionally. Stir in cheese.

Split biscuits. Spoon egg mixture evenly onto bottom halves of biscuits. Cover with top halves of biscuits.

## Nutrition Facts



**PROTEIN 17.49%** **FAT 52.16%** **CARBS 30.35%**

## Properties

Glycemic Index:32.4, Glycemic Load:18.03, Inflammation Score:-5, Nutrition Score:16.563478148502%

## Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

## Nutrients (% of daily need)

Calories: 388.57kcal (19.43%), Fat: 22.45g (34.54%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 28.59g (10.4%), Sugar: 2.91g (3.23%), Cholesterol: 225.97mg (75.32%), Sodium: 1101.92mg (47.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.87%), Phosphorus: 502.8mg (50.28%), Selenium: 34.04µg (48.62%), Vitamin B2: 0.51mg (29.75%), Vitamin K: 29.09µg (27.71%), Vitamin B1: 0.4mg (26.44%), Calcium: 191.89mg (19.19%), Vitamin B12: 1.09µg (18.2%), Iron: 3.2mg (17.76%), Folate: 69.35µg (17.34%), Vitamin B3: 2.82mg (14.12%), Manganese: 0.26mg (12.99%), Vitamin A: 642.96IU (12.86%), Vitamin B5: 1.27mg (12.69%), Zinc: 1.8mg (12.01%), Vitamin E: 1.51mg (10.08%), Vitamin B6: 0.19mg (9.42%), Vitamin C: 7.42mg (8.99%), Potassium: 304.65mg (8.7%), Vitamin D: 1.22µg (8.15%), Magnesium: 25.84mg (6.46%), Copper: 0.12mg (5.98%), Fiber: 0.8g (3.22%)