



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 canned (5 biscuits)
- ☐ 4 oz finely-chopped ham cooked chopped
- ☐ 6 eggs beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons milk

Equipment

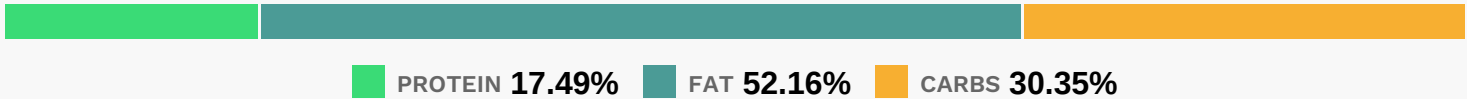
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ 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



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: Og (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%)