



Festive Ham and Cheese Wreath

READY IN



70 min.

SERVINGS



40

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 oz biscuits refrigerated golden layers® canned
- 8 oz finely-chopped ham cooked chopped
- 1 eggs beaten
- 1 spring onion
- 0.3 cup spring onion sliced
- 2 tablespoons dijon honey mustard
- 1 tablespoon sesame seed
- 2 tablespoons bell pepper diced green red
- 2 cups swiss cheese shredded finely

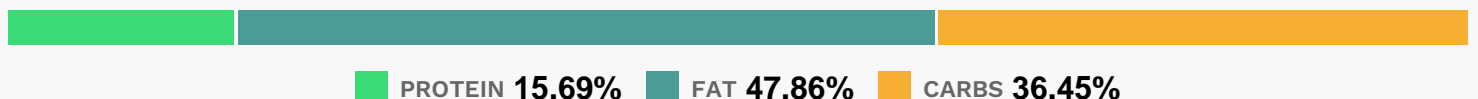
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375F. Spray large cookie sheet with nonstick cooking spray. In large bowl, combine cheese, ham, onions and mustard; mix well.
- Separate 1 can of dough into 10 biscuits; leave second can in refrigerator. Separate each biscuit into 2 layers. Press each biscuit layer to form 3 1/2-inch round.
- Place 1 rounded tablespoon cheese mixture on each dough round. Wrap dough around cheese mixture, pinching edges to seal. Repeat with remaining can of dough and cheese mixture.
- Arrange 8 balls, seam side down and sides almost touching, to form ring on sprayed cookie sheet, leaving 3-inch hole in center. Arrange 14 balls, sides almost touching, around outside of first ring. Arrange remaining 18 balls around outside of second ring.
- Brush wreath with beaten egg.
- Sprinkle with sesame seed.
- Bake at 375F. for 18 to 25 minutes or until golden brown. Carefully slide wreath from cookie sheet onto 14-inch serving platter.
- Sprinkle with bell pepper.
- Place onion fan in center of wreath.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:5.26, Inflammation Score:-1, Nutrition Score:3.4752174110516%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 96.36kcal (4.82%), Fat: 5.12g (7.88%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.5g (3.09%), Sugar: 0.78g (0.87%), Cholesterol: 13.42mg (4.47%), Sodium: 241.2mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Phosphorus: 124.57mg (12.46%), Selenium: 6.36µg (9.08%), Vitamin B1: 0.11mg (7.07%), Calcium: 60.01mg (6%), Vitamin B2: 0.09mg (5.05%), Vitamin B12: 0.28µg (4.61%), Vitamin B3: 0.79mg (3.96%), Manganese: 0.08mg (3.84%), Iron: 0.68mg (3.78%), Folate: 13.91µg (3.48%), Zinc: 0.48mg (3.19%), Vitamin K: 2.73µg (2.6%), Vitamin C: 1.87mg (2.27%), Vitamin E: 0.28mg (1.84%), Potassium: 63.69mg (1.82%), Magnesium: 6.93mg (1.73%), Copper: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.14mg (1.42%), Vitamin A: 62.06IU (1.24%), Fiber: 0.28g (1.11%)