



## Grands!® Ham and Cheese Melts

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices processed cheese food
- 16.3 ounce grands!® biscuits refrigerated pillsbury® canned (any variety)
- 8 ounces deli ham thinly sliced
- 1 eggs
- 1 teaspoon water

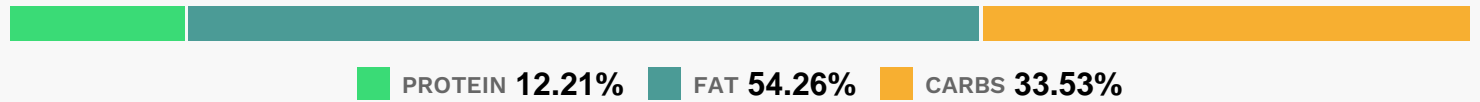
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375 degrees F. Press 4 biscuits into 5-inch rounds on ungreased large cookie sheet. Top each with 2 slices cheese and 2 ounces ham.
- Press remaining 4 biscuits into 6-inch rounds; place over ham. Press edges with fork to seal. Beat egg and water with fork; brush over biscuits.
- Bake 13 to 18 minutes or until golden brown.
- Cut each in half.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:11.38, Glycemic Load:23.31, Inflammation Score:-3, Nutrition Score:10.646956505983%

## Nutrients (% of daily need)

Calories: 451.56kcal (22.58%), Fat: 27.09g (41.67%), Saturated Fat: 10.34g (64.61%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 36.92g (13.42%), Sugar: 12.97g (14.41%), Cholesterol: 59.04mg (19.68%), Sodium: 899.16mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.43%), Vitamin B1: 0.38mg (25.31%), Phosphorus: 244.29mg (24.43%), Calcium: 232.04mg (23.2%), Selenium: 15.95µg (22.78%), Vitamin B2: 0.32mg (18.72%), Vitamin B3: 3.18mg (15.9%), Manganese: 0.26mg (13.07%), Folate: 51.9µg (12.98%), Iron: 2.2mg (12.2%), Vitamin E: 1.74mg (11.58%), Zinc: 1.53mg (10.23%), Vitamin B12: 0.55µg (9.09%), Vitamin B6: 0.17mg (8.47%), Vitamin K: 6.92µg (6.59%), Vitamin A: 277.83IU (5.56%), Magnesium: 19.6mg (4.9%), Potassium: 167.22mg (4.78%), Vitamin B5: 0.47mg (4.73%), Copper: 0.09mg (4.46%), Fiber: 0.75g (3%), Vitamin D: 0.43µg (2.9%)