



## Green Elf Biscuits and Ham

READY IN



45 min.

SERVINGS



28

CALORIES



120 kcal

### Ingredients

- ☐ 2.8 cups baking mix all-purpose
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound baked ham thinly sliced
- ☐ 3 ounce parmesan cheese shredded
- ☐ 1 tablespoon spicy brown mustard
- ☐ 12 ounce spinach soufflé frozen thawed

### Equipment

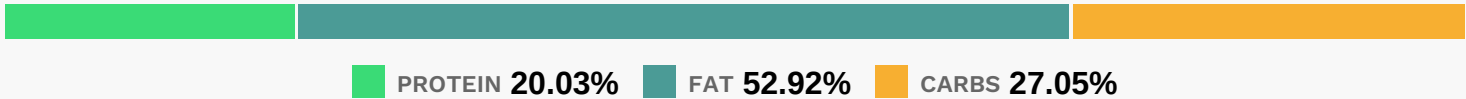
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

## Directions

- ☐ Stir together spinach souffl and next 3 ingredients with a fork just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 8 to 10 times. Pat or roll dough to a 1/2-inch thickness; cut with a 2-inch round cutter.
- ☐ Place at least 1/2 inch apart on lightly greased baking sheets.
- ☐ Bake biscuits at 425 for 10 minutes or until golden. Cool completely on wire rack.
- ☐ Stir together 1/4 cup butter and 1 tablespoon mustard. Split biscuits, and spread cut sides evenly with butter mixture; fill biscuits evenly with thinly sliced ham.

## Nutrition Facts



## Properties

Glycemic Index:5.04, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:7.8239130455515%

## Nutrients (% of daily need)

Calories: 120.15kcal (6.01%), Fat: 7.05g (10.85%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.49g (1.65%), Cholesterol: 16.7mg (5.57%), Sodium: 419.26mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.01%), Vitamin K: 46.18µg (43.98%), Vitamin A: 1507.34IU (30.15%), Phosphorus: 131.76mg (13.18%), Vitamin B1: 0.18mg (11.93%), Selenium: 6.18µg (8.83%), Folate: 33.17µg (8.29%), Calcium: 74.72mg (7.47%), Vitamin B2: 0.13mg (7.4%), Vitamin B3: 1.33mg (6.67%), Manganese: 0.13mg (6.55%), Vitamin B6: 0.09mg (4.75%), Magnesium: 16.8mg (4.2%), Iron: 0.73mg (4.07%), Zinc: 0.6mg (4.03%), Vitamin E: 0.49mg (3.25%), Potassium: 112.02mg (3.2%), Vitamin B12: 0.19µg (3.16%), Copper: 0.05mg (2.53%), Fiber: 0.63g (2.51%), Vitamin B5: 0.21mg (2.07%)