



Greens, Eggs and Ham Biscuits

READY IN



80 min.

SERVINGS



8

CALORIES



471 kcal

Ingredients

- 6 oz baby spinach fresh washed
- 0.5 cup basil fresh packed
- 2 teaspoons butter melted
- 16.3 oz biscuits refrigerated canned (8 biscuits)
- 8 oz finely-chopped ham cooked very thinly sliced (from deli)
- 12 eggs
- 0.3 cup milk
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 6 oz cheddar cheese shredded
- 2 teaspoons cornmeal yellow

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350F. Spray bottom only of 11x7-inch (2-quart) glass baking dish with cooking spray.
- In 12-inch skillet, cook and stir spinach in oil over medium-high heat 3 to 4 minutes, until spinach is wilted.
- Drain spinach, if needed.
- Layer spinach in bottom of baking dish; sprinkle cheese evenly over spinach.
- In large bowl, beat eggs, milk, salt and pepper; pour over cheese in baking dish. Cover with foil.
- Bake 40 to 45 minutes or until set and knife inserted in center comes out clean.
- Meanwhile, separate dough into 8 biscuits, and brush tops with melted butter.
- Sprinkle with cornmeal.
- Place on ungreased cookie sheet.
- Bake biscuits during last 15 minutes of egg bake time, or until golden brown.
- Meanwhile, in 12-inch skillet, lightly brown sliced ham over medium-high heat.
- Cut baked egg mixture into 4 rows by 2 rows for 8 squares.

- Split warm biscuits; place ham on bottom half of each biscuit. Top each with egg square and fresh basil. Cover with biscuit tops.

Nutrition Facts



PROTEIN 19.72% **FAT 54.25%** **CARBS 26.03%**

Properties

Glycemic Index:47.81, Glycemic Load:18.33, Inflammation Score:-9, Nutrition Score:26.573478304822%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 470.52kcal (23.53%), Fat: 28.33g (43.58%), Saturated Fat: 9.11g (56.97%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 29.28g (10.65%), Sugar: 2.79g (3.1%), Cholesterol: 291.66mg (97.22%), Sodium: 1204.86mg (52.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.33%), Vitamin K: 113.26µg (107.87%), Selenium: 43.16µg (61.66%), Phosphorus: 579.7mg (57.97%), Vitamin A: 2687.41IU (53.75%), Vitamin B2: 0.68mg (40.26%), Vitamin B1: 0.45mg (30.16%), Folate: 119.26µg (29.81%), Calcium: 251.04mg (25.1%), Manganese: 0.48mg (24%), Vitamin B12: 1.34µg (22.28%), Iron: 3.99mg (22.18%), Zinc: 2.71mg (18.1%), Vitamin B3: 3.19mg (15.97%), Vitamin B5: 1.57mg (15.71%), Vitamin E: 2.35mg (15.64%), Vitamin C: 12.85mg (15.58%), Vitamin B6: 0.28mg (13.91%), Potassium: 453.78mg (12.97%), Magnesium: 48.77mg (12.19%), Vitamin D: 1.53µg (10.21%), Copper: 0.17mg (8.52%), Fiber: 1.31g (5.22%)