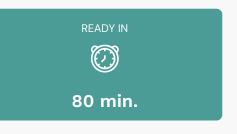
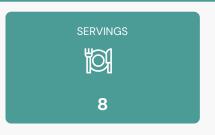


Greens, Eggs and Ham Biscuits





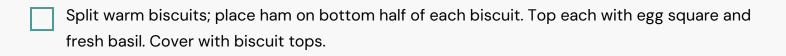


Ingredients

0.3 teaspoon salt

	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

	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.		



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 Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, 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 %: O% (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%)