



Ham and Cheese Foldovers

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups pancake mix
- 0.5 cup water boiling
- 2 teaspoons dijon mustard
- 8 oz finely-chopped ham shaved cooked
- 4 oz swiss cheese shredded
- 1 eggs
- 1 tablespoon water

Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F. Spray cookie sheet with cooking spray. In medium bowl, stir Bisquick mix and boiling water with spoon until dough forms. Divide dough into fourths. On surface sprinkled with Bisquick mix, roll dough in Bisquick mix to coat. Press each piece into 6-inch square, 1/4 inch thick.
- Spread 1/2 teaspoon of the mustard on each dough square to within 1/2 inch of edges. Top with ham and cheese to within 1/2 inch of edges. Fold each square diagonally in half. Press edges with fork to seal.
- Place on cookie sheet.
- In small bowl, beat egg and water.
- Brush over sandwiches.
- Bake 20 to 25 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:16.209565097871%

Nutrients (% of daily need)

Calories: 354.85kcal (17.74%), Fat: 19.24g (29.61%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 18.06g (6.57%), Sugar: 0.08g (0.08%), Cholesterol: 154.83mg (51.61%), Sodium: 1080.36mg (46.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.8%), Phosphorus: 556.22mg (55.62%), Selenium: 30.36µg (43.37%), Calcium: 404.2mg (40.42%), Vitamin B12: 1.97µg (32.91%), Vitamin B1: 0.44mg (29.56%), Vitamin B2: 0.47mg (27.94%), Zinc: 3.15mg (21.01%), Vitamin C: 13.61mg (16.5%), Vitamin B3: 2.85mg (14.27%), Vitamin B6: 0.25mg (12.68%), Vitamin B5: 1.12mg (11.22%), Magnesium: 38.42mg (9.6%), Potassium: 327.73mg (9.36%), Vitamin A: 458.98IU (9.18%), Iron: 1.6mg (8.87%), Folate: 33µg (8.25%), Manganese: 0.13mg (6.63%), Copper: 0.12mg (6.18%), Fiber: 1.34g (5.37%), Vitamin E: 0.29mg (1.96%), Vitamin D: 0.22µg (1.47%)