



Ham and Cheese Pizza Pockets

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup broccoli frozen thawed chopped (from 12-oz bag)
- 0.8 cup finely-chopped ham cooked chopped
- 1 eggs lightly beaten
- 1 cup tomato sauce
- 16.3 oz buttermilk refrigerated canned
- 2 oz cheddar cheese shredded 2%

Equipment

- bowl

oven

knife

Directions

- Heat oven to 425F. In medium bowl, mix 1/2 cup of the pizza sauce, the ham, broccoli and cheese; set aside.
- Separate dough into 8 biscuits; flatten each into 5-inch round. Top half of each round with 1 to 2 tablespoons ham and cheese filling. Fold other half of biscuit over filling; press to seal. With fork, crimp edges.
- Using tip of knife, make small hole in top of each pocket for steam to escape. Lightly brush tops with beaten egg.
- Bake 10 minutes or until golden brown.
- Serve warm with remaining 1/2 cup pizza sauce.

Nutrition Facts

 **PROTEIN 31.02%**  **FAT 45.64%**  **CARBS 23.34%**

Properties

Glycemic Index:13, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:6.3213043212891%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 85.83kcal (4.29%), Fat: 4.48g (6.89%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.48g (1.63%), Sugar: 4.04g (4.49%), Cholesterol: 37.59mg (12.53%), Sodium: 409.89mg (17.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin C: 12.55mg (15.21%), Phosphorus: 139.41mg (13.94%), Calcium: 128.99mg (12.9%), Vitamin B2: 0.2mg (11.77%), Selenium: 7.34µg (10.48%), Vitamin K: 9.52µg (9.06%), Potassium: 247.06mg (7.06%), Vitamin B12: 0.4µg (6.68%), Vitamin A: 311.87IU (6.24%), Vitamin B1: 0.09mg (6.22%), Zinc: 0.91mg (6.07%), Vitamin B6: 0.11mg (5.27%), Vitamin B5: 0.51mg (5.07%), Magnesium: 17.48mg (4.37%), Vitamin E: 0.65mg (4.3%), Vitamin B3: 0.77mg (3.87%), Folate: 15.23µg (3.81%), Iron: 0.58mg (3.23%), Copper: 0.06mg (3.2%), Manganese: 0.06mg (2.92%), Fiber: 0.67g (2.7%), Vitamin D: 0.15µg (1.02%)