



Ham and Cheese Pull Apart Biscuits

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



286 kcal

Ingredients

- ☐ 4 slices processed cheese food quartered
- ☐ 16.3 oz biscuits refrigerated canned
- ☐ 4 slices deli honey ham quartered
- ☐ 2 tablespoons spicy brown mustard

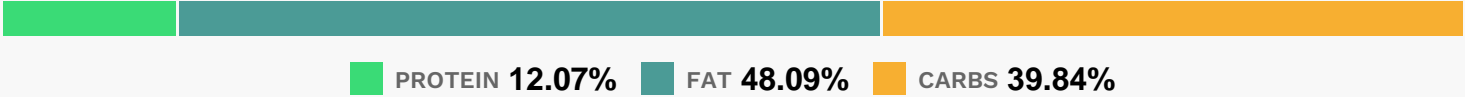
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F. Spray 9 regular-size muffin cups with cooking spray.
- ☐ Separate dough into 8 biscuits; cut each biscuit in half crosswise, making 2 thin dough rounds.
- ☐ Brush mustard evenly on 1 side of each dough round. On mustard side of 8 of the rounds, place 2 cheese quarters and 2 ham quarters; top each with second dough round, mustard side down.
- ☐ Place filled biscuits in muffin cups, edges facing toward bottom of cup; gently fan out edges.
- ☐ Bake 12 to 15 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:17.84, Inflammation Score:-3, Nutrition Score:8.9121739198656%

Nutrients (% of daily need)

Calories: 286.09kcal (14.3%), Fat: 15.34g (23.61%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 27.69g (10.07%), Sugar: 2.3g (2.56%), Cholesterol: 19.76mg (6.59%), Sodium: 927mg (40.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Phosphorus: 349.69mg (34.97%), Selenium: 17.43µg (24.9%), Vitamin B1: 0.34mg (22.63%), Calcium: 141.37mg (14.14%), Vitamin B2: 0.23mg (13.33%), Vitamin B3: 2.59mg (12.95%), Manganese: 0.25mg (12.42%), Iron: 2.15mg (11.97%), Folate: 41.96µg (10.49%), Vitamin E: 0.91mg (6.07%), Zinc: 0.89mg (5.92%), Vitamin B12: 0.33µg (5.47%), Potassium: 188.91mg (5.4%), Vitamin B6: 0.09mg (4.43%), Magnesium: 17.01mg (4.25%), Fiber: 0.91g (3.65%), Copper: 0.07mg (3.36%), Vitamin B5: 0.29mg (2.91%), Vitamin K: 2.7µg (2.57%), Vitamin A: 103.04IU (2.06%), Vitamin D: 0.16µg (1.07%)