



Ham-and-Swiss Rolls

READY IN



15 min.

SERVINGS



100

CALORIES



65 kcal

BREAD

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 cup ham cooked chopped
- ☐ 100 servings flour all-purpose
- ☐ 26.4 oz biscuits frozen
- ☐ 0.3 cup spicy brown mustard
- ☐ 0.3 cup onion sweet finely chopped
- ☐ 1 cup swiss cheese shredded

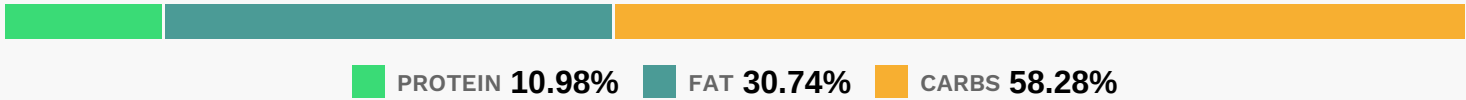
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Arrange frozen biscuits, with sides touching, in 3 rows of 4 biscuits on a lightly floured surface.
- ☐ Let stand 30 to 45 minutes or until biscuits are thawed but cool to the touch.
- ☐ Sprinkle thawed biscuits lightly with flour. Press biscuit edges together, and pat to form a 10- x 12-inch rectangle of dough. Stir together softened butter, mustard, and onion.
- ☐ Spread butter mixture evenly over thawed dough; sprinkle evenly with Swiss cheese and ham.
- ☐ Roll up, starting at one long end; cut into 12 (about 1-inch-thick) slices.
- ☐ Place one slice into each of 12 lightly greased 3-inch muffin pan cups.
- ☐ Bake at 375 for 20 to 25 minutes or until golden brown. Cool slightly, and remove from pan.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:6.44, Inflammation Score:-1, Nutrition Score:2.1491304350936%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 65.12kcal (3.26%), Fat: 2.21g (3.4%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 9.1g (3.31%), Sugar: 0.31g (0.34%), Cholesterol: 3.12mg (1.04%), Sodium: 96.23mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Selenium: 4.72µg (6.74%), Vitamin B1: 0.1mg (6.55%), Phosphorus: 50.7mg (5.07%), Folate: 19.25µg (4.81%), Manganese: 0.08mg (4.2%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.74mg (3.69%), Iron: 0.62mg (3.43%), Calcium: 15.08mg (1.51%), Fiber: 0.33g (1.32%), Zinc: 0.17mg (1.11%)