



Ham-and-Swiss Sticky Buns

READY IN



70 min.

SERVINGS



20

CALORIES



320 kcal

Ingredients

- 32.6 oz biscuits refrigerated canned
- 0.5 cup firmly brown sugar light packed
- 9 ounces deli ham finely chopped
- 20 servings maple syrup
- 2 tablespoons spicy brown mustard
- 8 oz swiss cheese shredded

Equipment

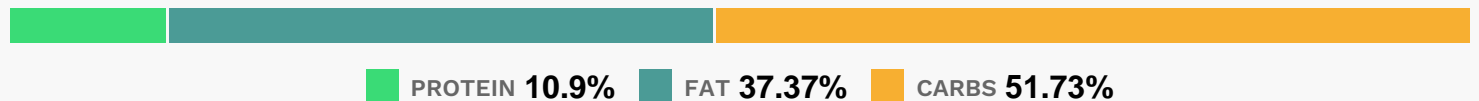
- oven
- wire rack

- muffin tray
- serrated knife

Directions

- Preheat oven to 32
- Stir together first 3 ingredients.
- Sprinkle brown sugar into a 12-inch square on a clean surface. Arrange biscuits in 4 rows on sugar, covering sugar completely. Pinch biscuits together to form a square.
- Roll dough to a 12- x 16-inch rectangle (about 1/4 inch thick), pinching dough together as needed.
- Spread ham-and-cheese mixture over dough.
- Roll up tightly, starting at 1 long side, pressing brown sugar into dough as you roll. Pinch ends to seal.
- Cut into 16 slices using a serrated knife. Fit each slice into cups of a lightly greased 24-cup muffin pan. (Dough will extend over tops of cups.)
- Bake at 325 for 40 minutes or until golden and centers are completely cooked. Cool on a wire rack 10 minutes.
- Drizzle with syrup.
- To make ahead: Prepare recipe through Step 2, and chill 8 hours.
- Let stand 10 minutes. Proceed as directed in Step
- Note: We tested with Pillsbury Grands! Flaky
- Layers Original refrigerated biscuits.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:19.14, Inflammation Score:-2, Nutrition Score:9.6717392158411%

Nutrients (% of daily need)

Calories: 320.05kcal (16%), Fat: 13.33g (20.51%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 40.86g (14.86%), Sugar: 18.95g (21.05%), Cholesterol: 18.92mg (6.31%), Sodium: 627.54mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Manganese: 0.65mg (32.66%), Phosphorus: 292.93mg (29.29%), Vitamin B2: 0.45mg (26.62%), Selenium: 15.57µg (22.25%), Vitamin B1: 0.29mg (19.42%), Calcium: 151.77mg (15.18%), Vitamin B3: 2.16mg (10.78%), Iron: 1.74mg (9.64%), Folate: 33.91µg (8.48%), Vitamin B12: 0.49µg (8.15%), Zinc: 1.16mg (7.76%), Potassium: 202.61mg (5.79%), Vitamin E: 0.73mg (4.86%), Magnesium: 19.44mg (4.86%), Vitamin B6: 0.08mg (4.07%), Copper: 0.06mg (2.9%), Fiber: 0.67g (2.66%), Vitamin B5: 0.26mg (2.57%), Vitamin K: 2.08µg (1.98%), Vitamin A: 96.11IU (1.92%)