



Ham Biscuits

READY IN



45 min.

SERVINGS



15

CALORIES



176 kcal

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 12 ounce ground ham sausage
- ☐ 2 cups self-rising flour
- ☐ 0.3 cup shortening

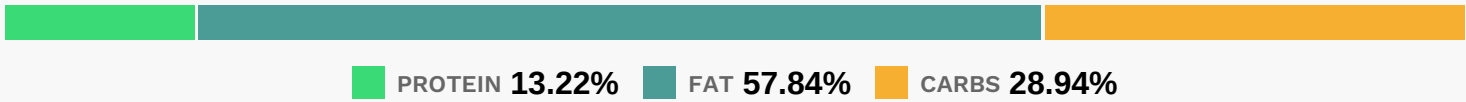
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cook sausage in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- ☐ Drain well, and set aside.
- ☐ Cut shortening into flour with a pastry blender until crumbly; add buttermilk, stirring until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 to 4 times.
- ☐ Pat or roll dough to 1/4-inch thickness.
- ☐ Sprinkle sausage over dough, gently pressing into dough; cut with a 2 1/2-inch round cutter.
- ☐ Place on lightly greased baking sheets.
- ☐ Bake at 450 for 8 to 10 minutes.
- ☐ NOTE: For testing purposes only, we used Smithfield ham sausage.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:7.99, Inflammation Score:-1, Nutrition Score:3.2921739609345%

Nutrients (% of daily need)

Calories: 176kcal (8.8%), Fat: 11.2g (17.23%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 12.21g (4.44%), Sugar: 0.57g (0.64%), Cholesterol: 17.5mg (5.83%), Sodium: 155.96mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Selenium: 7.01µg (10.02%), Manganese: 0.13mg (6.68%), Vitamin B3: 1.24mg (6.21%), Phosphorus: 55.85mg (5.59%), Vitamin B1: 0.08mg (5.44%), Zinc: 0.67mg (4.5%), Vitamin B12: 0.24µg (4.03%), Vitamin B6: 0.08mg (3.97%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.3mg (2.97%), Vitamin D: 0.43µg (2.89%), Vitamin E: 0.4mg (2.64%), Potassium: 87.31mg (2.49%), Vitamin K: 2.6µg (2.47%), Copper: 0.05mg (2.4%), Iron: 0.41mg (2.27%), Magnesium: 8.41mg (2.1%), Calcium: 16.85mg (1.69%), Fiber: 0.4g (1.6%), Folate: 6.26µg (1.57%)