



Ham & Eggs Frittata Biscuits

READY IN



35 min.

SERVINGS



8

CALORIES



319 kcal

Ingredients

- 1 sprigs basil fresh
- 16.3 oz biscuits refrigerated canned (8 biscuits)
- 8 servings cherry tomatoes
- 0.5 cup finely-chopped ham diced cooked
- 3 eggs
- 2 tablespoons basil fresh thinly sliced
- 4 oz cheese shredded italian
- 1.3 teaspoons seasoning italian
- 0.5 cup plum tomatoes diced seeded (Roma)
- 0.3 cup roasted peppers red drained chopped (from 7.25-oz jar)

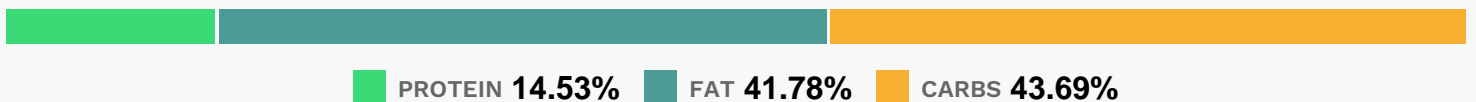
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375F. Spray large cookie sheet with cooking spray. Separate dough into 8 biscuits. On cookie sheet, place biscuits 3 inches apart. Press each into 4-inch round with 1/4-inch-high rim around outside edge.
- In small bowl, beat 1 of the eggs.
- Brush over tops and sides of biscuits.
- Sprinkle with 1 teaspoon of the Italian seasoning.
- In another small bowl, beat remaining 2 eggs and remaining 1/4 teaspoon Italian seasoning. Spoon evenly into indentations in each biscuit. Top biscuits with ham, 1/2 cup of the cheese, the roasted peppers, tomatoes, sliced basil and remaining 1/2 cup cheese.
- Bake 15 to 20 minutes or until biscuits are golden brown and eggs are set.
- Garnish with basil sprigs and cherry tomatoes.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:17.97, Inflammation Score:-7, Nutrition Score:16.539130563321%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 318.56kcal (15.93%), Fat: 15.03g (23.12%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 33.2g (12.07%), Sugar: 6.31g (7.01%), Cholesterol: 78.31mg (26.1%), Sodium: 815.02mg (35.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.51%), Vitamin C: 39.59mg (47.99%), Phosphorus: 398.59mg (39.86%), Selenium: 20.5µg (29.29%), Vitamin B1: 0.36mg (23.71%), Manganese: 0.44mg (22.1%), Vitamin A: 1100.6IU (22.01%), Vitamin B2: 0.34mg (19.99%), Iron: 3.54mg (19.65%), Folate: 72.8µg (18.2%), Potassium: 553mg (15.8%), Vitamin B3: 3.13mg (15.67%), Calcium: 135.42mg (13.54%), Vitamin E: 1.93mg (12.9%), Vitamin K: 13.11µg (12.49%), Vitamin B6: 0.22mg (10.97%), Vitamin B12: 0.65µg (10.84%), Copper: 0.2mg (9.99%), Zinc: 1.32mg (8.77%), Fiber: 2.16g (8.65%), Magnesium: 32.87mg (8.22%), Vitamin B5: 0.72mg (7.18%), Vitamin D: 0.39µg (2.58%)