



WHATSheATE



Ham & Eggs Frittata Biscuits

READY IN



35 min.

SERVINGS



8

CALORIES



292 kcal

Ingredients

- ☐ 16.3 oz biscuits refrigerated pillsbury® canned (8 biscuits)
- ☐ 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)

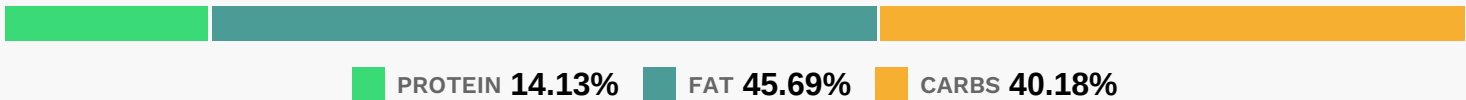
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. 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:25.63, Glycemic Load:17.96, Inflammation Score:-4, Nutrition Score:10.782173903092%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 291.87kcal (14.59%), Fat: 14.87g (22.87%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 28.3g (10.29%), Sugar: 2.62g (2.91%), Cholesterol: 78.31mg (26.1%), Sodium: 798.73mg (34.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Phosphorus: 357.01mg (35.7%), Selenium: 19.76µg (28.23%), Vitamin B1: 0.3mg (20.15%), Vitamin B2: 0.31mg (18.07%), Manganese: 0.28mg (14.19%), Iron: 2.52mg (14.02%), Folate: 53.39µg (13.35%), Calcium: 118.7mg (11.87%), Vitamin B3: 2.35mg (11.73%), Vitamin B12:

0.65µg (10.84%), Vitamin K: 7.93µg (7.55%), Zinc: 1.11mg (7.38%), Vitamin E: 1.1mg (7.36%), Vitamin A: 363.69IU (7.27%), Vitamin C: 5.8mg (7.03%), Potassium: 229.62mg (6.56%), Vitamin B5: 0.53mg (5.27%), Vitamin B6: 0.1mg (5.11%), Magnesium: 19.39mg (4.85%), Fiber: 1.12g (4.49%), Copper: 0.09mg (4.39%), Vitamin D: 0.39µg (2.58%)