



## Ham 'n Swiss Biscuits

READY IN



30 min.

SERVINGS



5

CALORIES



457 kcal

### Ingredients

- ☐ 10 ounce biscuits (refrigerated divided per can), canned
- ☐ 1 teaspoon onion (dried minced)
- ☐ 6.8 ounce ham (canned chunk flaked)
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon poppy seeds (for sprinkling)
- ☐ 5 ounce swiss cheese

### Equipment

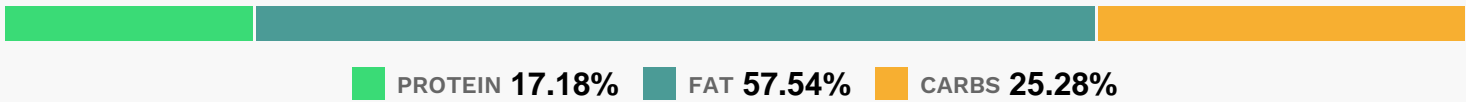
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix canned ham, dried onion, 1 teaspoon of poppy seeds, and margarine together in a bowl until thoroughly combined.
- ☐ Separate the biscuits; press 5 biscuits onto an ungreased baking sheet so each biscuit is flattened and about 3 1/2 inches in diameter.
- ☐ Spoon about 2 tablespoons of ham mixture into the center each flattened biscuit.
- ☐ Fold Swiss cheese slices to break into quarters and place 4 quarters atop the ham.
- ☐ Spoon the remaining ham mixture over the Swiss cheese pieces.
- ☐ On a floured work surface, lightly press remaining 5 biscuits into 4-inch circles.
- ☐ Lay a 4-inch biscuit circle onto of each topped biscuit and lightly stretch the top biscuit to cover the filling. Press the edges together lightly but do not seal tightly together.
- ☐ Sprinkle each filled biscuit with a pinch of poppy seeds for garnish.
- ☐ Bake in the preheated oven until biscuit tops are golden brown and the filling is hot, 10 to 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:17.51, Inflammation Score:-5, Nutrition Score:14.063912990301%

Nutrients (% of daily need)

Calories: 456.65kcal (22.83%), Fat: 29.2g (44.92%), Saturated Fat: 9.81g (61.31%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.98g (10.17%), Sugar: 2.35g (2.61%), Cholesterol: 50.66mg (16.89%), Sodium: 1093.93mg (47.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Phosphorus: 495.32mg (49.53%), Selenium: 27.97µg (39.96%), Vitamin B1: 0.48mg (32.22%), Calcium: 291.3mg (29.13%), Vitamin B2: 0.34mg (19.96%), Vitamin B12: 1.19µg (19.77%), Vitamin B3: 3.64mg (18.19%), Zinc: 2.44mg (16.28%), Manganese: 0.26mg (13.14%), Iron: 2.29mg (12.7%), Folate: 45.33µg (11.33%), Vitamin B6: 0.21mg (10.45%), Vitamin A: 436.92IU (8.74%), Vitamin E: 1.24mg (8.25%), Potassium: 277.09mg (7.92%), Magnesium: 28.38mg (7.1%), Copper: 0.1mg (5.06%),

Vitamin B5: 0.49mg (4.86%), Fiber: 0.89g (3.55%), Vitamin K: 2.76µg (2.63%), Vitamin D: 0.27µg (1.79%)