



Ham Sausage and Biscuits

 Dairy Free

READY IN



32 min.

SERVINGS



12

CALORIES



267 kcal

Ingredients

- 1 pound ham cooked chopped
- 1 large eggs lightly beaten
- 16 oz sausage meat hot
- 0.8 cup lightly fresh packed soft (2 sandwich bread slices)
- 12 servings peach chutney fresh
- 12 servings wooden picks
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Equipment

- food processor

- bowl
- frying pan

Directions

- Pulse ham in a food processor 4 to 5 times or until finely ground.
- Stir together ham and next 3 ingredients in a large bowl just until combined. Shape ham mixture into 12 (2 3/4-inch) patties.
- Cook patties in a large lightly greased skillet over medium heat 5 to 6 minutes on each side or until done.
- Serve with hot biscuits and Fresh Peach Chutney.

Nutrition Facts

PROTEIN 23.2% **FAT 47.03%** **CARBS 29.77%**

Properties

Glycemic Index:5.69, Glycemic Load:5.19, Inflammation Score:-5, Nutrition Score:11.653043487798%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 266.85kcal (13.34%), Fat: 14.07g (21.64%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 17.48g (6.36%), Sugar: 13.02g (14.47%), Cholesterol: 70.31mg (23.44%), Sodium: 751.81mg (32.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Vitamin B1: 0.41mg (27.15%), Vitamin B3: 4.78mg (23.9%), Phosphorus: 213.79mg (21.38%), Selenium: 13.61µg (19.45%), Vitamin C: 15.22mg (18.45%), Vitamin B12: 0.92µg (15.25%), Zinc: 2.16mg (14.4%), Vitamin B2: 0.23mg (13.46%), Vitamin B6: 0.27mg (13.26%), Potassium: 401.94mg (11.48%), Vitamin A: 539.85IU (10.8%), Copper: 0.21mg (10.26%), Fiber: 2.55g (10.22%), Iron: 1.65mg (9.17%), Vitamin B5: 0.91mg (9.14%), Manganese: 0.17mg (8.72%), Vitamin E: 1.22mg (8.11%), Magnesium: 28.63mg (7.16%), Folate: 19.69µg (4.92%), Vitamin K: 5.11µg (4.87%), Vitamin D: 0.57µg (3.83%), Calcium: 26.36mg (2.64%)