



Ham-Stuffed Biscuits With Mustard Butter

READY IN



60 min.

SERVINGS



12

CALORIES



514 kcal

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 12 servings mustard butter
- ☐ 2 cups buttermilk
- ☐ 2 pounds ham cooked thinly sliced
- ☐ 5.5 cups flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 0.8 cup shortening
- ☐ 0.3 cup sugar

☐ 0.5 cup warm water (100° to 110°)

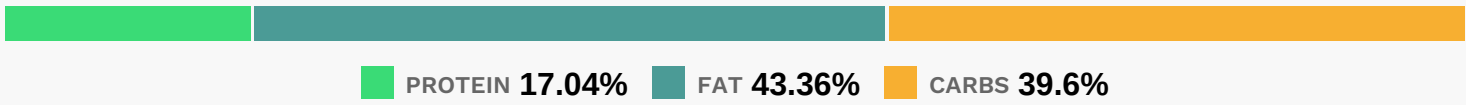
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Combine yeast and 1/2 cup warm water in a 4-cup liquid measuring cup, and let mixture stand 5 minutes. Stir in buttermilk.
- ☐ Combine flour and next 4 ingredients in a large bowl; cut in shortening with a pastry blender or fork until mixture resembles coarse meal.
- ☐ Add buttermilk mixture, stirring with a fork just until dry ingredients are moistened.
- ☐ Turn dough out onto a well-floured surface, and knead 4 to 5 times.
- ☐ Roll dough to 1/2-inch thickness; cut with a 2-inch round cutter, and place on lightly greased baking sheets. Cover and let rise in a warm place (85), free from drafts, 1 hour.
- ☐ Bake at 425 for 10 to 12 minutes or until golden. Split each biscuit, and spread evenly with Mustard Butter. Stuff biscuits with ham.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:35.52, Inflammation Score:-5, Nutrition Score:19.019130458003%

Nutrients (% of daily need)

Calories: 513.85kcal (25.69%), Fat: 24.57g (37.8%), Saturated Fat: 7.91g (49.46%), Carbohydrates: 50.48g (16.83%), Net Carbohydrates: 48.77g (17.74%), Sugar: 6.27g (6.96%), Cholesterol: 70.34mg (23.45%), Sodium: 1445.09mg (62.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.45%), Vitamin B1: 0.94mg (62.47%), Selenium: 36µg (51.42%), Phosphorus: 354.45mg (35.45%), Vitamin B2: 0.56mg (32.82%), Vitamin B3: 6.34mg

(31.72%), Folate: 123.08µg (30.77%), Manganese: 0.43mg (21.54%), Vitamin C: 17.62mg (21.35%), Vitamin B12: 1.26µg (20.98%), Iron: 3.51mg (19.48%), Zinc: 2.29mg (15.28%), Calcium: 149.29mg (14.93%), Vitamin B5: 1.24mg (12.35%), Vitamin B6: 0.24mg (12.11%), Potassium: 335.02mg (9.57%), Copper: 0.18mg (9.18%), Magnesium: 33.41mg (8.35%), Vitamin K: 7.46µg (7.11%), Fiber: 1.71g (6.84%), Vitamin E: 0.96mg (6.43%), Vitamin A: 190.95IU (3.82%), Vitamin D: 0.52µg (3.47%)