



Mini Ham and Cheese Sandwiches

 Gluten Free

READY IN



63 min.

SERVINGS



18

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup milk
- ☐ 2 tablespoons mustard yellow
- ☐ 1 eggs
- ☐ 6 ounces finely-chopped ham lean fully cooked thinly sliced chopped
- ☐ 4 ounces cheddar cheese shredded
- ☐ 2 cups frangelico

Equipment

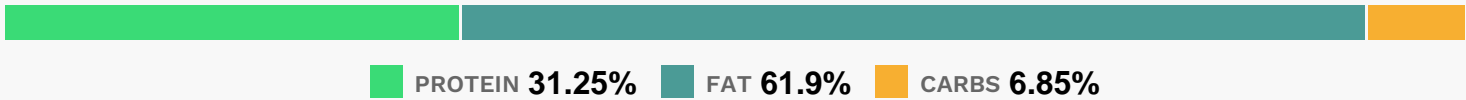
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 350°F. Grease square baking dish, 8x8x2 inches.
- ☐ Mix Bisquick, milk, mustard and egg until blended.
- ☐ Pour half of the batter into baking dish. Top with half of the ham and 1/2 cup of the cheese. Top with remaining ham.
- ☐ Pour remaining batter over ham.
- ☐ Bake 45 to 50 minutes or until golden brown and set.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Let stand 5 minutes before cutting.
- ☐ Cut into 9 squares; cut each square diagonally in half.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.5517391193172%

Nutrients (% of daily need)

Calories: 52.43kcal (2.62%), Fat: 3.58g (5.51%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.71g (0.78%), Cholesterol: 23.92mg (7.97%), Sodium: 177.3mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Phosphorus: 76.78mg (7.68%), Selenium: 5.23µg (7.47%), Calcium: 64.2mg (6.42%), Vitamin B12: 0.29µg (4.92%), Vitamin B2: 0.08mg (4.78%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.54mg (3.6%), Vitamin C: 2.21mg (2.68%), Vitamin B6: 0.04mg (2.11%), Vitamin B5: 0.2mg (2.02%), Vitamin A: 99.47IU (1.99%), Vitamin B3: 0.36mg (1.82%), Potassium: 57.61mg (1.65%), Magnesium: 6.41mg (1.6%), Vitamin D: 0.24µg (1.57%)