



## Olive and Ham Appetizer Stacks

 Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



48

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon basil dried
- 0.3 cup vegetable juice hot
- 8 oz deli honey ham thin (8 slices)
- 48 pimientos green
- 1 cup frangelico

### Equipment

- bowl
- baking sheet

- oven
- wire rack
- toothpicks

## Directions

- Heat oven to 400°F. In medium bowl, stir Bisquick mix, basil and vegetable juice until soft dough forms; beat vigorously 20 strokes.
- Place dough on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Shape into a ball; knead 5 times.
- Press or roll dough about 1/4 inch thick. With 1 1/4-inch round cutter, cut into rounds. Gather dough scraps together and reroll; cut to make 48 rounds. On ungreased cookie sheet, place dough rounds 1 inch apart.
- Bake 6 to 8 minutes or until edges begin to turn golden brown.
- Remove from cookie sheet to cooling rack. Cool 10 minutes.
- Cut each ham slice into 6 wedge-shaped pieces; roll up each wedge. For each appetizer, spear toothpick into olive, 1 piece of rolled-up ham and baked round.

## Nutrition Facts

 **PROTEIN 35.21%**  **FAT 60.05%**  **CARBS 4.74%**

## Properties

Glycemic Index:1.83, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.62521738818158%

## Nutrients (% of daily need)

Calories: 12.16kcal (0.61%), Fat: 0.8g (1.23%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0.09g (0.1%), Cholesterol: 2.93mg (0.98%), Sodium: 59.18mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin B1: 0.03mg (1.91%), Vitamin C: 1.54mg (1.86%), Selenium: 1.08µg (1.54%), Vitamin B3: 0.22mg (1.1%), Phosphorus: 10.38mg (1.04%), Vitamin B6: 0.02mg (1.04%)