



## Olive and Ham Appetizer Stacks



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



48

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

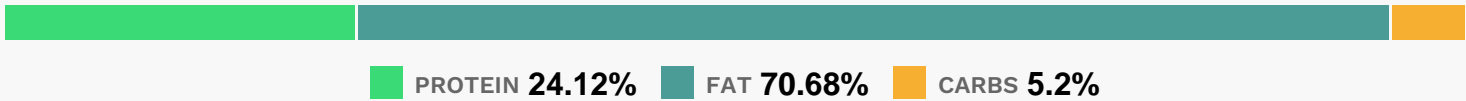
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

## Directions

- ☐ Heat oven to 400F. 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



## Properties

Glycemic Index:0.9, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.63869565660539%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 17.68kcal (0.88%), Fat: 1.41g (2.16%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0.08g (0.09%), Cholesterol: 2.93mg (0.98%), Sodium: 121.41mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin B1: 0.03mg (1.95%), Selenium: 1.11µg (1.58%), Vitamin E: 0.17mg (1.14%), Vitamin B3: 0.22mg (1.11%), Phosphorus: 10.33mg (1.03%)