



Open Face St. Paddy's Biscuits

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



189 kcal

Ingredients

- 12 oz spinach frozen thawed
- 3 oz parmesan shredded
- 0.3 teaspoon ground mustard
- 2 tablespoons butter
- 8 eggs
- 2 tablespoons butter softened
- 1.5 teaspoons spicy brown mustard
- 0.3 lb finely-chopped ham cooked thinly sliced (from deli)
- 2.8 cups frangelico

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 425°F. In medium bowl, mix spinach soufflé, Bisquick mix, cheese and ground mustard with fork just until dry ingredients are moistened. On lightly floured work surface, knead dough 8 to 10 times. Pat dough to 3/4-inch thickness; cut with 3-inch round cutter. On ungreased cookie sheet, place rounds 1 inch apart.
- Bake 13 to 16 minutes or until golden brown.
- Meanwhile, in 12-inch nonstick skillet, melt 1 tablespoon of the butter over medium-high heat. Break egg into custard cup; carefully slide into skillet. Repeat with 3 more eggs. Immediately reduce heat to medium-low. Cook 4 minutes, spooning butter over eggs, until film forms over top and whites and yolks are firm, not runny. If desired, season to taste with salt and pepper. Repeat with remaining 1 tablespoon butter and 4 eggs.
- In small bowl, mix softened butter and brown mustard. Split 4 biscuits; spread cut sides with butter mixture. (Reserve remaining 4 biscuits for later use.) Top each biscuit half with ham and 1 fried egg.

Nutrition Facts

 **PROTEIN 28.72%**  **FAT 65.87%**  **CARBS 5.41%**

Properties

Glycemic Index:7.38, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:19.68869562771%

Nutrients (% of daily need)

Calories: 189.27kcal (9.46%), Fat: 13.94g (21.45%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.54g (0.6%), Cholesterol: 181.26mg (60.42%), Sodium: 504.31mg (21.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Vitamin K: 158.52µg (150.97%), Vitamin A: 5558.1IU (111.16%), Selenium: 21.71µg (31.01%), Phosphorus: 226.27mg (22.63%), Vitamin B2: 0.37mg (21.69%), Folate:

83.75µg (20.94%), Calcium: 209.08mg (20.91%), Manganese: 0.33mg (16.3%), Vitamin E: 1.94mg (12.95%), Vitamin B12: 0.73µg (12.1%), Magnesium: 45.72mg (11.43%), Iron: 1.8mg (10.01%), Vitamin B6: 0.2mg (9.77%), Zinc: 1.42mg (9.49%), Vitamin B1: 0.14mg (9.32%), Vitamin B5: 0.9mg (8.96%), Potassium: 262.27mg (7.49%), Vitamin C: 5.66mg (6.87%), Vitamin D: 0.93µg (6.22%), Copper: 0.11mg (5.68%), Fiber: 1.28g (5.12%), Vitamin B3: 0.79mg (3.95%)