



## Open Face St. Paddy's Biscuits

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



189 kcal

## Ingredients

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

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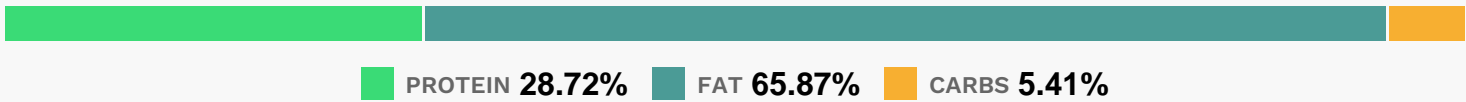
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425F. In medium bowl, mix spinach souffl, 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



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: Og (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%)