



Spicy Ham and Cheese Squares

READY IN



50 min.

SERVINGS



12

CALORIES



261 kcal

SIDE DISH

Ingredients

- 0.3 pound deli ham
- 3 eggs beaten
- 0.3 pound pepperoni sliced
- 0.3 pound provolone cheese
- 8 ounce crescent rolls refrigerated
- 0.3 pound genoa salami sliced
- 0.3 pound swiss cheese

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spray a 9x13-inch baking dish with cooking spray.
- Press 1 package crescent rolls into prepared baking dish, pushing seams together.
- Layer ham, pepperoni, salami, Swiss cheese, and provolone cheese atop crescent rolls.
- Pour beaten eggs over meat and cheese layers, reserving about 1 tablespoon egg.
- Layer the second package of crescent rolls atop meat and cheese filling; brush with reserved egg.
- Bake in the preheated oven until cheese is melted and crescent rolls are browned.
- Cut into squares and serve.

Nutrition Facts

PROTEIN 19.83% **FAT 67.6%** **CARBS 12.57%**

Properties

Glycemic Index:9.17, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:6.765217402707%

Nutrients (% of daily need)

Calories: 261.24kcal (13.06%), Fat: 19.7g (30.31%), Saturated Fat: 8.74g (54.64%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 8.24g (3%), Sugar: 1.98g (2.2%), Cholesterol: 78.72mg (26.24%), Sodium: 725.21mg (31.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (26.01%), Selenium: 14.88µg (21.25%), Phosphorus: 179.69mg (17.97%), Calcium: 165.39mg (16.54%), Vitamin B12: 0.97µg (16.15%), Vitamin B1: 0.18mg (11.83%), Zinc: 1.71mg (11.38%), Vitamin B2: 0.19mg (10.92%), Vitamin B6: 0.15mg (7.72%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.51mg (5.09%), Iron: 0.82mg (4.57%), Vitamin A: 220.99IU (4.42%), Potassium: 123.57mg (3.53%), Manganese: 0.07mg (3.43%), Magnesium: 12.66mg (3.16%), Vitamin D: 0.46µg (3.04%), Copper: 0.05mg (2.32%), Vitamin E: 0.33mg (2.17%), Folate: 7.91µg (1.98%)