



## Sunday Brunch: Ham and Biscuits

READY IN



30 min.

SERVINGS



4

CALORIES



993 kcal

### Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 cup butter chilled (1 stick)
- ☐ 5 tablespoons powdered milk dry
- ☐ 4 cups flour
- ☐ 0.5 pound ham
- ☐ 12 ounce lemon lime soda canned (Sprite, 7up)
- ☐ 2 teaspoons salt
- ☐ 8 ounce cream sour

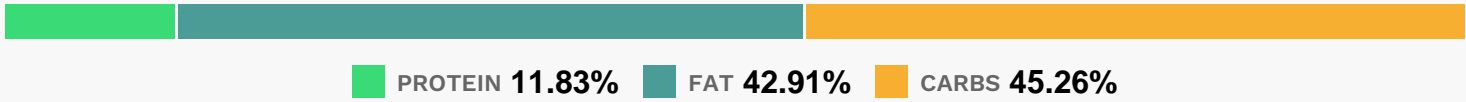
### Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 425°F degrees.
- ☐ Mix flour, baking powder, dry milk and salt until well combined.
- ☐ Cut butter into dry ingredients until it resembles a coarse meal.
- ☐ Add soda and sour cream and mix until a loose dough is formed.
- ☐ Turn dough out onto floured surface and gently knead until the dough comes together.
- ☐ Roll dough out into a 1/2 inch thick square and cut into evenly sized pieces.
- ☐ Place on prepared baking sheet and bake 15–20 minutes until golden brown.
- ☐ When biscuits are cool enough to handle, split and stuff with ham, and if desired a smidge of mustard and a few pickles.
- ☐ Serve ham and biscuits with hot, sweet milky tea.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:72.16, Inflammation Score:-8, Nutrition Score:29.911304406498%

## Nutrients (% of daily need)

Calories: 993.04kcal (49.65%), Fat: 47.25g (72.69%), Saturated Fat: 25.46g (159.13%), Carbohydrates: 112.15g (37.38%), Net Carbohydrates: 108.77g (39.55%), Sugar: 14.55g (16.17%), Cholesterol: 138.71mg (46.24%), Sodium: 2717.57mg (118.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.76mg (4.25%), Protein: 29.31g (58.62%), Vitamin B1: 1.36mg (90.75%), Selenium: 59.17µg (84.53%), Folate: 238.17µg (59.54%), Vitamin B2: 0.96mg (56.48%), Calcium: 527.28mg (52.73%), Phosphorus: 510.45mg (51.04%), Vitamin B3: 10.05mg (50.24%), Manganese: 0.87mg (43.7%), Iron: 7.07mg (39.28%), Vitamin A: 1149.89IU (23%), Zinc: 2.73mg (18.19%), Vitamin B6: 0.32mg (16.14%), Potassium: 500.57mg (14.3%), Vitamin B12: 0.83µg (13.91%), Magnesium: 54.98mg (13.74%), Fiber: 3.39g (13.55%), Vitamin B5: 1.24mg (12.41%), Copper: 0.25mg (12.31%), Vitamin D: 1.38µg (9.21%), Vitamin E: 1.21mg (8.05%), Vitamin K: 3.42µg (3.26%), Vitamin C: 1.32mg (1.6%)