



## 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

 **PROTEIN 11.83%**  **FAT 42.91%**  **CARBS 45.26%**

## 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: 0g (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%)