

Ham Bites

Dash Magazine - December 2012

Yield: 24 appetizers

*2 3/4 cups biscuit mix
2 tablespoons fresh chives, chopped
2/3 cup milk
1/8 teaspoon cayenne pepper
honey mustard
24 thin slices honey ham*

Preheat the oven to 425 degrees.

In a bowl, stir to combine the biscuit mix, chives, milk and cayenne pepper.

Knead lightly. Roll out to a 1/2-inch thickness. Cut with a two-inch round cookie cutter.

Bake for 8 to 10 minutes or until done.

When cool, split the biscuits. Top the bottom halves with honey mustard.

Place one folded slice of honey ham on each biscuit half.

Sandwich with the remaining biscuit halves.

Per Serving (excluding unknown items): 1514 Calories; 56g Fat (33.7% calories from fat); 32g Protein; 217g Carbohydrate; 7g Dietary Fiber; 28mg Cholesterol; 4290mg Sodium. Exchanges: 14 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 11 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1514	Vitamin B6 (mg):	.3mg
% Calories from Fat:	33.7%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	57.8%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	56g	Folacin (mcg):	41mcg
Saturated Fat (g):	16g	Niacin (mg):	15mg
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0

Cholesterol (mg):	28mg
Carbohydrate (g):	217g
Dietary Fiber (g):	7g
Protein (g):	32g
Sodium (mg):	4290mg
Potassium (mg):	804mg
Calcium (mg):	789mg
Iron (mg):	9mg
Zinc (mg):	3mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	566IU
Vitamin A (r.e.):	102 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	14
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	11
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1514 Calories from Fat: 511

% Daily Values*

Total Fat 56g	87%
Saturated Fat 16g	82%
Cholesterol 28mg	9%
Sodium 4290mg	179%
Total Carbohydrates 217g	72%
Dietary Fiber 7g	29%
Protein 32g	
Vitamin A	11%
Vitamin C	10%
Calcium	79%
Iron	52%

* Percent Daily Values are based on a 2000 calorie diet.