

HAM EGG & CHEESE BREAKFAST BISCUIT



Who doesn't like a good breakfast sandwich! Here is a hearty breakfast biscuit sandwich that will keep your belly full all morning. Simple but flavor full and best of all you have all the ingredients already. Perfect for meal prep.



Preparation time **15 minutes** Cook time **30 minutes** Yields **12**

Ingredients

- 1 bag of bakery mix or your favorite biscuit recipe
- 1 1/2 cup water
- 1/4 cup heavy cream or 1% milk
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 12 ounces sliced deli ham
- 12 slices American cheese

Directions

Heat oven to 450 ° degrees. Make biscuits as directed on the bag. Or according to your own recipe for 12 biscuits.

Reduce oven temperature to 350° degrees. Spray a large baking dish with cooking spray.

In a large bowl, beat eggs, heavy cream/milk, salt and pepper with a whisk or blender. Pour egg mixture into baking dish. Bake 25 to 28 minutes or until egg mixture is set and knife inserted in center comes out clean.

Crisp ham in a large skillet over medium heat, then set aside.

Cut baked eggs into 4 rows by 3 rows to make 12 squares. Split biscuits, and fill each with 1 egg square, 1 slice of ham and 1 slice of cheese.

Enjoy!

Nutrition Facts

| | |
|-------------------------------|--------------------------|
| 12 servings per container | |
| Serving size | 1 sandwich (102g) |
| Amount Per Serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 810mg | 35% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 1g | 4% |
| Total Sugars 3g | |
| Includes 2g Added Sugars | 4% |
| Protein 8g | 16% |

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.