

Ham and Cheese Rolls

50 Things to Make in a Muffin Pan
Food Network Magazine - March 2016

1 tube (8 ounce) refrigerated crescent dough
3 tablespoons butter, melted
1/4 cup sliced ham, chopped
1/4 cup gruyere cheese, shredded
1 teaspoon thyme, chopped

Preheat the oven to 425 degrees.

Line six muffin cups with nonstick foil liners.

Cut the crescent dough into one-inch-thick pieces (do not unroll.)

In a bowl, toss the dough with the butter, ham, cheese and thyme.

Divide the dough among the six muffin cups.

Bake until golden, 12 to 15 minutes.

Per Serving (excluding unknown items): 420 Calories; 43g Fat (91.1% calories from fat); 9g Protein; 1g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 443mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 8 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	420
% Calories from Fat:	91.1%
% Calories from Carbohydrates:	1.0%
% Calories from Protein:	8.0%
Total Fat (g):	43g
Saturated Fat (g):	27g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	123mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 9g
Sodium (mg): 443mg
Potassium (mg): 45mg
Calcium (mg): 310mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1684IU
Vitamin A (r.e.): 426RE

Grain (Starch): 0
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 420 **Calories from Fat:** 383

% Daily Values*

Total Fat	43g	67%
Saturated Fat	27g	133%
Cholesterol	123mg	41%
Sodium	443mg	18%
Total Carbohydrates	1g	0%
Dietary Fiber	1g	2%
Protein	9g	
Vitamin A		34%
Vitamin C		1%
Calcium		31%
Iron		10%

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