

# Ham, Asparagus & Swiss Biscuit Cups

Yield: 8 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-biscuit-recipe>

## Ingredients:

- 1 can refrigerated biscuits
- 1 cup diced ham
- 1 cup asparagus spears
- 1 cup shredded swiss cheese
- 1 teaspoon pepper
- 1 teaspoon salt
- 6 eggs
- 1/4 cup milk

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 190 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 750 milligrams
9. Sugar: 1 grams

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