



Ale Biscuits



Vegetarian



Low Fod Map

READY IN



10 min.

SERVINGS



100

CALORIES



19 kcal

Ingredients

- ☐ 2.5 cups baking mix all-purpose
- ☐ 0.7 cup lager beer
- ☐ 0.3 cup butter frozen

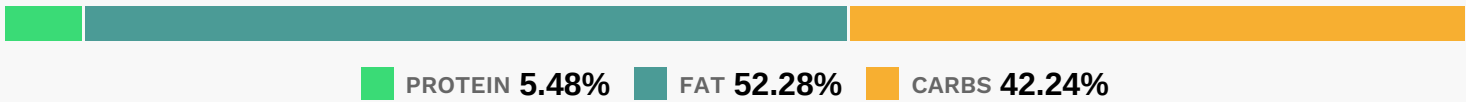
Equipment

- ☐ oven
- ☐ grater

Directions

- ☐
- Grate 1/3 cup frozen butter through large holes of a cheese grater into 2 1/2 cups baking mix, and toss to combine. Stir in 2/3 cup lager beer just until dry ingredients are moistened. (Dough will be thick.).
- ☐
- Spoon dough evenly into lightly greased miniature muffin pans, filling completely full.
- ☐
- Bake at 450 for 8 to 10 minutes or until biscuits are golden brown.
- ☐
- Note: For testing purposes only, we used Shiner Bock Beer.

Nutrition Facts



Properties

Glycemic Index:0.9, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.42391304129168%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 18.94kcal (0.95%), Fat: 1.08g (1.65%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.35g (0.39%), Cholesterol: 1.69mg (0.56%), Sodium: 43.21mg (1.88%), Alcohol: 0.06g (100%), Alcohol %: 1.46% (100%), Protein: 0.25g (0.51%), Phosphorus: 17.95mg (1.8%), Vitamin B1: 0.02mg (1.16%)