



Anise Biscuits with Balsamic Strawberries

READY IN



45 min.

SERVINGS



16

CALORIES



229 kcal

DESSERT

Ingredients

- 0.8 teaspoon anise extract
- 1 tablespoon double-acting baking powder
- 0.5 cup butter softened
- 3 large eggs
- 2.3 cups flour all-purpose
- 0.3 cup milk
- 0.1 teaspoon salt
- 16 servings balsamic strawberries
- 0.8 cup sugar

16 servings garnish: whipped cream

Equipment

frying pan

oven

hand mixer

Directions

Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating until blended.

Add eggs, 1 at a time, beating well after each addition.

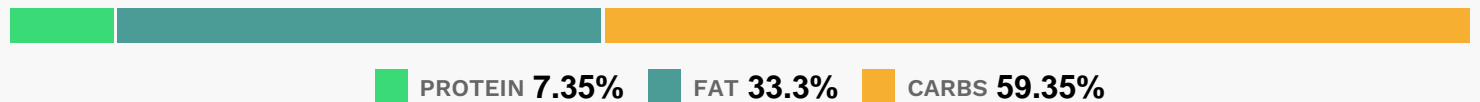
Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in extract. Spoon batter into a lightly greased 13- x 9-inch pan.

Bake at 350 for 22 minutes; cool 10 minutes.

Cut biscuits with a 2 1/2-inch round or square cutter. Cool completely on wire racks. Split biscuits, and serve with Balsamic Strawberries.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:20.19, Inflammation Score:-6, Nutrition Score:12.494347810745%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg

Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 228.53kcal (11.43%), Fat: 8.73g (13.44%), Saturated Fat: 4.89g (30.56%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 31.66g (11.51%), Sugar: 17.15g (19.05%), Cholesterol: 55.14mg (18.38%), Sodium: 160.41mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin C: 84.67mg (102.63%), Manganese: 0.68mg (33.95%), Folate: 71.53µg (17.88%), Selenium: 9.7µg (13.85%), Fiber: 3.36g (13.42%), Vitamin B1: 0.18mg (12.07%), Vitamin B2: 0.17mg (10.28%), Phosphorus: 99.43mg (9.94%), Iron: 1.66mg (9.23%), Calcium: 87.55mg (8.76%), Vitamin B3: 1.61mg (8.06%), Potassium: 268.65mg (7.68%), Magnesium: 25.17mg (6.29%), Vitamin A: 292.45IU (5.85%), Copper: 0.1mg (5.13%), Vitamin E: 0.73mg (4.88%), Vitamin B6: 0.1mg (4.82%), Vitamin B5: 0.44mg (4.41%), Vitamin K: 3.87µg (3.69%), Zinc: 0.49mg (3.27%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.25µg (1.69%)