



Beer-Thyme Biscuits



Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

305 kcal

DESSERT

Ingredients



2.5 teaspoons double-acting baking powder



0.5 teaspoon baking soda



3 tablespoons butter melted



1 cup beer dark cold recommended: Bass Ale



3 cups flour all-purpose



10 sprigs thyme leaves fresh



1 tablespoon brown sugar light



1 teaspoon salt

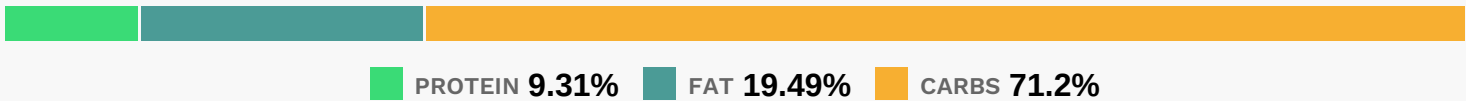
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix the dry ingredients and thyme leaves together in a large bowl until combined.
- ☐ Add the melted butter and beer and stir with a wooden spoon until the mixture begins to hold together. Turn the dough out onto a work surface and knead gently just until the dough comes together into a ball. Flatten the dough into a rectangular shape using a knife, divide it into 6 equal portions.
- ☐ Transfer to an ungreased baking sheet.
- ☐ Bake until biscuits being to turn golden and are firm to the touch, about 25 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:35.57, Inflammation Score:-9, Nutrition Score:10.309130371913%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 304.77kcal (15.24%), Fat: 6.32g (9.72%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 50g (18.18%), Sugar: 2.11g (2.35%), Cholesterol: 15.05mg (5.02%), Sodium: 703.99mg (30.61%), Alcohol: 1.53g (100%), Alcohol %: 1.68% (100%), Protein: 6.79g (13.58%), Vitamin B1: 0.49mg (32.92%), Selenium: 21.52µg (30.75%), Folate: 117.71µg (29.43%), Manganese: 0.46mg (23.03%), Vitamin B3: 3.93mg (19.64%), Vitamin B2: 0.33mg (19.34%), Iron: 3.4mg (18.9%), Calcium: 119.21mg (11.92%), Phosphorus: 113.05mg (11.31%), Fiber: 1.92g (7.7%), Copper: 0.1mg (5.13%), Vitamin A: 254.11IU (5.08%), Magnesium: 19.56mg (4.89%), Vitamin C: 2.67mg (3.23%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.31mg (3.07%), Potassium: 92.4mg (2.64%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.2mg (1.33%)