



Bisquick® Rolled Biscuits

 Vegetarian

READY IN



15 min.

SERVINGS



9

CALORIES



139 kcal

Ingredients

- 0.7 cup milk
- 2.3 cups baking mix original bisquick®

Equipment

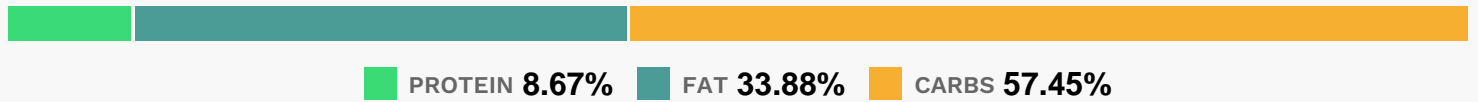
- baking sheet
- oven

Directions

- Heat oven to 450°F. Stir ingredients until soft dough forms.

- Turn onto surface dusted with Bisquick mix. Knead 10 times.
- Roll dough 1/2 inch thick.
- Cut with 2 1/2-inch cutter.
- Place on ungreased cookie sheet.
- Bake 8 to 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:4.4378260652656%

Nutrients (% of daily need)

Calories: 139.24kcal (6.96%), Fat: 5.2g (8%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 19.2g (6.98%), Sugar: 4.36g (4.85%), Cholesterol: 2.77mg (0.92%), Sodium: 389.67mg (16.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Phosphorus: 193.75mg (19.38%), Vitamin B1: 0.18mg (12.17%), Folate: 37.5µg (9.38%), Vitamin B2: 0.16mg (9.18%), Calcium: 75.93mg (7.59%), Vitamin B3: 1.38mg (6.91%), Manganese: 0.1mg (5.14%), Iron: 0.83mg (4.62%), Selenium: 2.59µg (3.7%), Vitamin B12: 0.21µg (3.58%), Vitamin B5: 0.33mg (3.33%), Fiber: 0.63g (2.52%), Magnesium: 9.67mg (2.42%), Copper: 0.05mg (2.32%), Potassium: 76.01mg (2.17%), Vitamin K: 2µg (1.91%), Zinc: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.69%), Vitamin D: 0.2µg (1.33%)