



Buttermilk Biscuits with Green Onions, Black Pepper, and Sea Salt

 Vegetarian

READY IN



35 min.

SERVINGS



14

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk chilled
- ☐ 14 servings sea salt
- ☐ 0.5 cup spring onion finely chopped
- ☐ 0.5 teaspoon pepper black for sprinkling
- ☐ 2 cups self raising flour
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup butter unsalted chilled melted cut into 1/2-inch cubes, plus 1 tablespoon butter (1 stick)

☐ 0.5 cup cornmeal yellow

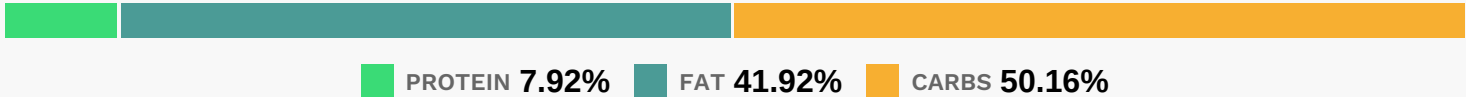
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Position rack in center of oven and preheat to 425°F. Line baking sheet with parchment paper.
- ☐ Combine buttermilk and green onions in medium bowl.
- ☐ Whisk flour, cornmeal, sugar, and 1/2 teaspoon ground black pepper in large bowl to blend.
- ☐ Add 1/2 cup chilled butter and rub in with fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk mixture and stir until moist clumps form.
- ☐ Gather dough together. Turn dough out onto floured surface and knead gently just to combine, about 3 to 4 turns.
- ☐ Roll out to 3/4-inch thickness. Using floured 2-inch cookie or biscuit cutter, cut out rounds. Reroll scraps and cut out additional rounds.
- ☐ Place 2 inches apart on prepared baking sheet.
- ☐ Brush tops of biscuits with melted butter.
- ☐ Sprinkle each lightly with coarse sea salt and ground black pepper.
- ☐ Bake biscuits until golden and tester inserted into center comes out clean, about 20 minutes. Cool slightly.
- ☐ Serve warm or at room temperature.
- ☐ Per serving: 154.52 calories (kcal), 42.7 % calories from Fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:12.91, Inflammation Score:-2, Nutrition Score:3.3830434679985%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 163.59kcal (8.18%), Fat: 7.65g (11.77%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 19.52g (7.1%), Sugar: 3.43g (3.81%), Cholesterol: 18.84mg (6.28%), Sodium: 209.38mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Selenium: 8.03µg (11.47%), Manganese: 0.19mg (9.7%), Vitamin K: 8.18µg (7.79%), Vitamin A: 260.17IU (5.2%), Phosphorus: 44.41mg (4.44%), Fiber: 1.07g (4.29%), Magnesium: 12.83mg (3.21%), Folate: 11.01µg (2.75%), Copper: 0.05mg (2.75%), Zinc: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.65%), Vitamin B2: 0.04mg (2.61%), Vitamin B6: 0.05mg (2.37%), Calcium: 22.78mg (2.28%), Iron: 0.4mg (2.22%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.29µg (1.92%), Potassium: 66.34mg (1.9%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.07µg (1.22%)