



Buttermilk-Chive Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 3 cups flour all-purpose
- 0.5 cup chives fresh chopped
- 1.5 cups buttermilk low-fat
- 0.8 teaspoon salt
- 0.3 cup stick margarine chilled cut into small pieces
- 2 teaspoons sugar

Equipment

- baking sheet
- oven
- knife
- blender
- measuring cup

Directions

- Preheat oven to 42
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and the next 5 ingredients (flour through salt); cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add buttermilk; stir just until moist.
- Turn dough out onto a lightly floured surface; knead lightly 4 times.
- Roll dough to a 3/4-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- Place on a baking sheet. Lightly coat tops with cooking spray.
- Bake at 425 for 13 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:18.07, Inflammation Score:-4, Nutrition Score:6.2160869888637%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 176.78kcal (8.84%), Fat: 5.93g (9.13%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 25.56g (9.29%), Sugar: 2.22g (2.46%), Cholesterol: 1.2mg (0.4%), Sodium: 484.93mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.67%), Vitamin B1: 0.26mg (17.16%), Selenium: 11.22µg (16.02%), Folate: 60.5µg (15.13%), Calcium: 121.44mg (12.14%), Vitamin B2: 0.2mg (12.06%), Manganese: 0.22mg (11.02%), Vitamin B3: 1.87mg (9.37%), Phosphorus: 92.14mg (9.21%), Iron: 1.64mg (9.11%), Vitamin A: 321.73IU (6.43%), Fiber: 0.89g (3.55%), Vitamin K: 3.67µg (3.5%), Magnesium: 11.44mg (2.86%), Copper: 0.05mg (2.56%), Potassium: 86.74mg (2.48%), Zinc: 0.35mg (2.36%), Vitamin B5: 0.23mg (2.3%), Vitamin E: 0.24mg (1.61%), Vitamin C: 1.28mg (1.55%), Vitamin B6: 0.03mg (1.34%), Vitamin B12: 0.07µg (1.21%)