



Cheese-Onion Bannocks

READY IN



45 min.

SERVINGS



16

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 2 tablespoons butter chilled cut into small pieces
- 0.3 cup egg substitute
- 1.5 ounces flour all-purpose
- 0.1 teaspoon ground pepper red
- 2 cups regular oats
- 0.8 cup onion finely chopped
- 2 ounces parmesan cheese fresh grated
- 0.5 teaspoon salt

0.3 cup water

Equipment

food processor

bowl

frying pan

baking sheet

oven

knife

measuring cup

Directions

Preheat oven to 40

Heat a small skillet over medium-high heat. Coat pan with cooking spray.

Add onion; saut 8 minutes or until tender.

Remove from heat; cool.

Lightly spoon flour into a dry measuring cup; level with a knife.

Place flour, oats, baking powder, salt, and pepper in a food processor; process until oats are coarsely ground (about 10 seconds).

Add butter; pulse 3 times or until combined.

Add onion and cheese; pulse 3 times or until blended.

Place mixture in a medium bowl.

Add 1/4 cup water and egg substitute, stirring until moist.

Let mixture stand 1 minute.

Place mixture onto a lightly floured surface; knead lightly 3 times (dough will be sticky). Divide dough in half; press each half into a 5-inch circle.

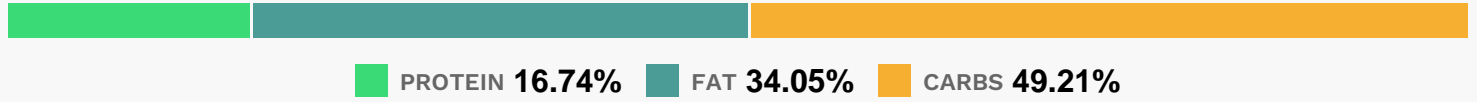
Cut each circle into 8 wedges.

Place wedges on a baking sheet coated with cooking spray.

Bake at 400 for 15 minutes or until lightly browned.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:4.05, Inflammation Score:-2, Nutrition Score:3.7452173997527%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 79.51kcal (3.98%), Fat: 3.03g (4.66%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 8.63g (3.14%), Sugar: 0.53g (0.59%), Cholesterol: 6.17mg (2.06%), Sodium: 175.81mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Manganese: 0.4mg (19.86%), Selenium: 6.23µg (8.9%), Phosphorus: 79.84mg (7.98%), Calcium: 67.38mg (6.74%), Vitamin B1: 0.08mg (5.13%), Fiber: 1.23g (4.91%), Magnesium: 17.61mg (4.4%), Iron: 0.7mg (3.9%), Zinc: 0.54mg (3.58%), Vitamin B2: 0.06mg (3.4%), Folate: 10.45µg (2.61%), Copper: 0.05mg (2.45%), Vitamin B5: 0.21mg (2.15%), Potassium: 62.53mg (1.79%), Vitamin A: 86.5IU (1.73%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.03mg (1.45%), Vitamin E: 0.16mg (1.06%)