



Cheesy Herb Biscuits

READY IN



30 min.

SERVINGS



5

CALORIES



247 kcal

Ingredients

- 10.2 oz biscuits refrigerated canned (5 biscuits)
- 2 teaspoons canola oil
- 2 cloves garlic finely chopped
- 5 tablespoons parmesan fresh shredded

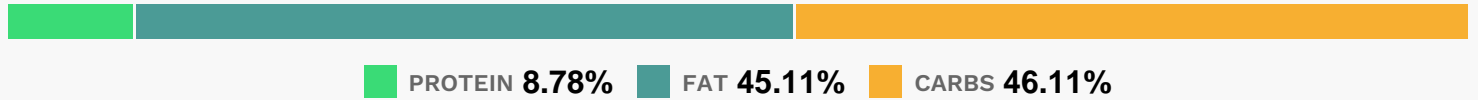
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F. On cookie sheet, place biscuits 3 inches apart. Press or roll each into 4-inch round.
- Brush tops of biscuits with oil.
- Sprinkle with garlic, basil and cheese.
- Bake 15 to 18 minutes or until edges are golden brown.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:17.9, Inflammation Score:-2, Nutrition Score:6.9682608551305%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 246.62kcal (12.33%), Fat: 12.44g (19.14%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 27.83g (10.12%), Sugar: 2.06g (2.29%), Cholesterol: 3.98mg (1.33%), Sodium: 625.09mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Phosphorus: 285.22mg (28.52%), Selenium: 12.17µg (17.38%), Vitamin B1: 0.25mg (16.75%), Manganese: 0.25mg (12.39%), Vitamin B2: 0.19mg (10.99%), Iron: 1.97mg (10.94%), Folate: 40.87µg (10.22%), Vitamin B3: 1.96mg (9.8%), Calcium: 89.71mg (8.97%), Vitamin E: 1.06mg (7.04%), Potassium: 138.96mg (3.97%), Vitamin K: 3.62µg (3.45%), Fiber: 0.78g (3.11%), Magnesium: 12.33mg (3.08%), Zinc: 0.43mg (2.86%), Copper: 0.05mg (2.66%), Vitamin B12: 0.14µg (2.35%), Vitamin B6: 0.05mg (2.33%), Vitamin B5: 0.2mg (2.03%)