



Chili-Onion Drop Biscuits

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

Ingredients

- ☐ 1 cup biscuit and baking mix reduced-fat
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup milk fat-free
- ☐ 2 green onions

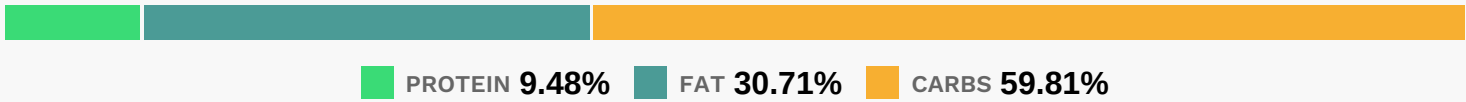
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine 1 cup reduced-fat biscuit and baking mix, 1/3 cup fat-free milk, 2 green onions, chopped, and 1 teaspoon chili powder in a bowl; stir just until dry ingredients are moistened. Drop dough onto a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 7 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.3186956669973%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 55.47kcal (2.77%), Fat: 1.89g (2.9%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.88g (2.09%), Cholesterol: 0.49mg (0.16%), Sodium: 160.13mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Phosphorus: 80.43mg (8.04%), Vitamin K: 5.96µg (5.68%), Vitamin B1: 0.08mg (5.03%), Folate: 16.76µg (4.19%), Vitamin B2: 0.07mg (3.94%), Calcium: 34.65mg (3.46%), Vitamin B3: 0.59mg (2.95%), Manganese: 0.05mg (2.41%), Iron: 0.4mg (2.24%), Vitamin A: 100.37IU (2.01%), Selenium: 1.12µg (1.6%), Vitamin B12: 0.09µg (1.57%), Fiber: 0.38g (1.54%), Vitamin B5: 0.14mg (1.39%), Potassium: 43.72mg (1.25%), Magnesium: 4.76mg (1.19%), Copper: 0.02mg (1.13%)