



Chive Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 pound butter unsalted diced cold (1 stick)
- 1 eggs mixed with 1 tablespoon water, for egg wash
- 2 cups flour all-purpose
- 0.5 cup parsley leaves fresh chopped
- 0.8 cup half-and-half
- 1 teaspoon kosher salt
- 1 teaspoon sugar

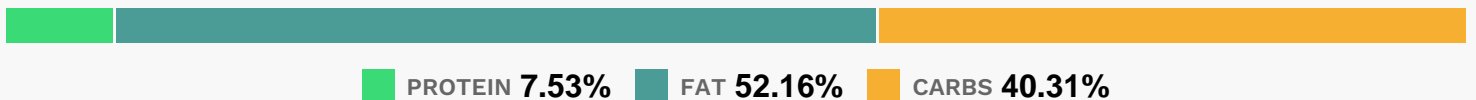
Equipment

- bowl
- frying pan
- baking paper
- oven
- blender
- hand mixer

Directions

- Preheat the oven to 400 degrees F.
- Combine the flour, baking powder, salt, and sugar in the bowl of an electric mixer fitted with the paddle attachment.
- Add the butter and mix on low speed until the butter is the size of peas. With the mixer on low, add the half-and-half and beat until just mixed.
- Add the chives and mix until just combined.
- Dump the dough out on a well-floured board and knead lightly into a rectangle 3/4-inch thick.
- Cut out rounds with a 2 1/2-inch round cutter and place on a sheet pan lined with parchment paper.
- Brush with the egg wash.
- Bake for 20 to 22 minutes, until the tops are browned and the insides are firm.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:18.02, Inflammation Score:-6, Nutrition Score:10.046956554703%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 257.04kcal (12.85%), Fat: 14.97g (23.03%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 25.05g (9.11%), Sugar: 1.58g (1.76%), Cholesterol: 58.88mg (19.63%), Sodium: 475.62mg (20.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Vitamin K: 62.9µg (59.9%), Selenium: 13.16µg (18.8%), Vitamin B1: 0.26mg (17.22%), Folate: 66.58µg (16.64%), Vitamin A: 780.14IU (15.6%), Vitamin B2: 0.23mg (13.65%), Calcium: 128.95mg (12.89%), Manganese: 0.22mg (11.12%), Iron: 1.96mg (10.89%), Phosphorus: 104.64mg (10.46%), Vitamin B3: 1.93mg (9.64%), Vitamin C: 5.19mg (6.29%), Fiber: 0.97g (3.88%), Vitamin E: 0.49mg (3.27%), Vitamin B5: 0.32mg (3.17%), Magnesium: 12.37mg (3.09%), Copper: 0.06mg (2.96%), Zinc: 0.43mg (2.88%), Potassium: 95.52mg (2.73%), Vitamin D: 0.32µg (2.15%), Vitamin B12: 0.12µg (1.94%), Vitamin B6: 0.04mg (1.91%)