



## Coriander Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

DESSERT

### Ingredients

- 2 tablespoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 teaspoon pepper black
- 3.5 cups flour all-purpose
- 2 teaspoons ground coriander
- 1 tablespoon lemon zest grated
- 1.8 cups buttermilk low-fat
- 1 teaspoon salt

- 2 tablespoons sugar
- 0.3 lb butter unsalted cold cut into small pieces

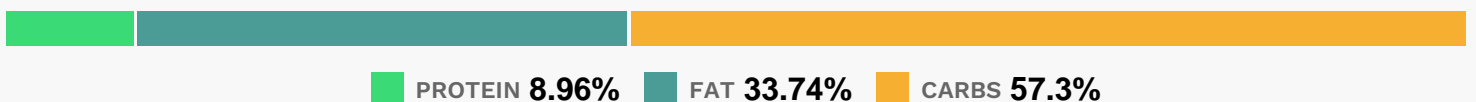
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- pastry cutter

## Directions

- Preheat oven to 450F. In a small bowl, stir together buttermilk and lemon peel. In a bowl, whisk together flour, baking powder, sugar, coriander, baking soda, salt and pepper.
- Cut in butter, using your fingers, 2 knives or a pastry cutter until mixture resembles coarse meal.
- Make a well in center of flour mixture and pour in buttermilk mixture. Toss with a fork, scraping dry ingredients from bottom until just evenly moistened; do not overmix (dough should be very sticky). Turn dough out onto a floured surface and knead lightly once or twice with floured hands. Pat dough to 3/4-inch thickness, about 10 inches in diameter.
- Dip a 2 1/2-inch biscuit cutter into flour and cut out biscuits, dipping cutter into flour before cutting each biscuit and using a straight in-and-out motion. Gather and re-pat scraps; cut out remaining biscuits.
- Transfer biscuits to an ungreased baking sheet and bake, rotating pan halfway through, until golden, 12 to 15 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:33.64, Glycemic Load:33.05, Inflammation Score:-5, Nutrition Score:10.872173760248%

## Nutrients (% of daily need)

Calories: 336.83kcal (16.84%), Fat: 12.7g (19.53%), Saturated Fat: 7.72g (48.24%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 46.72g (16.99%), Sugar: 5.7g (6.33%), Cholesterol: 32.58mg (10.86%), Sodium: 826.1mg (35.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.17%), Vitamin B1: 0.45mg (29.97%), Selenium: 19.9µg (28.42%), Folate: 103.24µg (25.81%), Calcium: 253.82mg (25.38%), Vitamin B2: 0.36mg (21.09%), Manganese: 0.39mg (19.66%), Phosphorus: 177.15mg (17.72%), Iron: 2.99mg (16.64%), Vitamin B3: 3.28mg (16.4%), Vitamin A: 379.62IU (7.59%), Fiber: 1.79g (7.15%), Magnesium: 20.78mg (5.19%), Copper: 0.09mg (4.7%), Zinc: 0.64mg (4.29%), Potassium: 150.28mg (4.29%), Vitamin B5: 0.4mg (4.03%), Vitamin E: 0.39mg (2.6%), Vitamin B12: 0.14µg (2.33%), Vitamin B6: 0.04mg (2.19%), Vitamin C: 1.6mg (1.94%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.31µg (1.25%)