



Cornmeal-Maple Biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 5 oz cornmeal) whole yellow
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 18 servings optional: some sesame seeds for garnish
- ☐ 5 tablespoons butter unsalted
- ☐ 4 oz flour whole wheat white (I used regular)

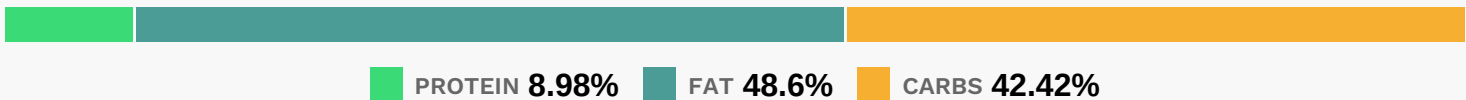
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 400 degrees F. Grease a baking sheet or line with parchment. Thoroughly mix the dry ingredients (cornmeal through salt) in a mixing bowl.
- ☐ Cut in the butter – you can do this with a pastry cutter or your fingers.
- ☐ Mixture should look like coarse crumbs. In a separate bowl, stir the milk and maple syrup together.
- ☐ Add to the dry mixture and stir just until moistened. Scoop the dough by heaping tablespoonfuls onto the baking sheet. Press down lightly with fingers to make the biscuits more even looking. If you have some seeds on hand, sprinkle sesame, flax and/or poppy seeds on top for garnish.
- ☐ Bake on center rack at 400 degrees F for about 15 minutes or until edges are golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:5.14, Inflammation Score:-2, Nutrition Score:5.5604348247466%

Nutrients (% of daily need)

Calories: 141.44kcal (7.07%), Fat: 7.91g (12.17%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 13.23g (4.81%), Sugar: 3.15g (3.51%), Cholesterol: 9.17mg (3.06%), Sodium: 139.86mg (6.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Manganese: 0.35mg (17.54%), Copper: 0.35mg (17.32%), Calcium: 136.03mg (13.6%), Magnesium: 38.52mg (9.63%), Fiber: 2.32g (9.26%), Phosphorus: 90.42mg

(9.04%), Iron: 1.63mg (9.04%), Vitamin B1: 0.09mg (6.26%), Zinc: 0.93mg (6.18%), Vitamin B6: 0.11mg (5.7%),
Vitamin B2: 0.09mg (5.56%), Selenium: 3.39µg (4.85%), Vitamin B3: 0.57mg (2.84%), Folate: 10.55µg (2.64%),
Potassium: 91.04mg (2.6%), Vitamin A: 108.88IU (2.18%)