

# Cranberry Biscuits

 Vegetarian

READY IN



27 min.

SERVINGS



10

CALORIES



193 kcal

DESSERT

## Ingredients

- 0.5 cup butter cold (1 stick)
- 2 tsp calumet baking powder
- 1.5 cups flour
- 1.5 cups grain cereal flakes whole with cranberries and almonds
- 1 peel and juice from orange grated
- 0.3 cup sugar

## Equipment

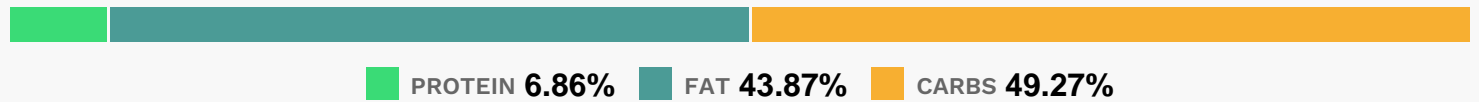
- bowl

- oven
- blender
- cookie cutter

## Directions

- Preheat oven to 425F.
- Mix flour, sugar and baking powder in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add cereal, orange peel and juice; stir just until blended.
- Pat dough evenly onto floured surface; cut into 10 biscuits using a round biscuit or cookie cutter.
- Bake 10 to 12 min. or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:28.71, Glycemic Load:14.1, Inflammation Score:-3, Nutrition Score:4.5395652263061%

## Nutrients (% of daily need)

Calories: 192.8kcal (9.64%), Fat: 9.44g (14.53%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 22.91g (8.33%), Sugar: 6.65g (7.39%), Cholesterol: 24.4mg (8.13%), Sodium: 201.04mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Vitamin B1: 0.23mg (15.47%), Folate: 42.51µg (10.63%), Vitamin B2: 0.16mg (9.54%), Selenium: 6.51µg (9.31%), Iron: 1.44mg (8.03%), Calcium: 78.28mg (7.83%), Vitamin B3: 1.49mg (7.47%), Manganese: 0.13mg (6.41%), Vitamin A: 288.68IU (5.77%), Phosphorus: 45.14mg (4.51%), Vitamin C: 3.13mg (3.8%), Fiber: 0.94g (3.77%), Vitamin B6: 0.07mg (3.54%), Vitamin E: 0.28mg (1.85%), Copper: 0.03mg (1.43%), Magnesium: 4.89mg (1.22%)