



 1%
HEALTH SCORE

Cream Cheese-and-Olive Biscuits With Olive-Parsley Spread

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



120 kcal

Ingredients

- 2.3 cups baking mix all-purpose
- 2.3 cups baking mix all-purpose
- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 0.3 cup buttermilk
- 1 tablespoon capers drained
- 3 ounce cream cheese softened
- 3 ounce cream cheese softened

- 1 tablespoon parsley fresh chopped
- 1 garlic clove pressed
- 0.5 cup olive green chopped
- 6 ounce kalamata olives pitted
- 2 tablespoons olive oil

Equipment

- food processor
- baking sheet
- oven

Directions

- Pulse first 4 ingredients in a food processor 3 to 4 times or until combined.
- Turn dough out onto a lightly floured surface. Pat dough to a 1/2-inch thickness; cut with a 2-inch fluted cutter.
- Place on ungreased baking sheets.
- Bake biscuits at 425 for 10 minutes or until golden.
- Pulse kalamata olives and next 6 ingredients in a food processor until combined.
- Split biscuits in half, and spread cut sides evenly with goat cheese; top with olive mixture.
- Note: To make ahead, bake biscuits as directed. Cool completely on baking sheets on wire racks. Cover and freeze until firm.
- Place biscuits into zip-top plastic freezer bags; freeze up to 2 weeks.
- Remove from freezer; place on baking sheets, and let stand 30 minutes.
- Bake at 325 for 7 to 10 minutes. Prepare olive-parsley mixture as directed.
- Place in an airtight container; freeze up to 2 weeks. Thaw in refrigerator 24 hours. Stir before serving.

Nutrition Facts

 **PROTEIN 6.59%**  **FAT 52.15%**  **CARBS 41.26%**

Properties

Glycemic Index:7.63, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:3.1504347875066%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 119.51kcal (5.98%), Fat: 6.96g (10.71%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 11.73g (4.27%), Sugar: 2.65g (2.94%), Cholesterol: 6.38mg (2.13%), Sodium: 381.58mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Phosphorus: 114.44mg (11.44%), Vitamin B1: 0.11mg (7.21%), Folate: 23.65µg (5.91%), Vitamin B2: 0.1mg (5.73%), Calcium: 45.75mg (4.57%), Vitamin B3: 0.85mg (4.24%), Vitamin K: 4.25µg (4.05%), Vitamin E: 0.51mg (3.43%), Manganese: 0.07mg (3.38%), Iron: 0.57mg (3.19%), Selenium: 2.03µg (2.89%), Fiber: 0.66g (2.63%), Vitamin A: 124.09IU (2.48%), Copper: 0.04mg (2.05%), Vitamin B5: 0.2mg (2.05%), Magnesium: 6.48mg (1.62%), Vitamin B12: 0.09µg (1.58%), Potassium: 46.42mg (1.33%), Vitamin B6: 0.02mg (1.09%), Zinc: 0.15mg (1.03%)