



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

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



81 kcal

Ingredients

- ☐ 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 package cream cheese softened
- ☐ 1 tablespoon parsley fresh chopped

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

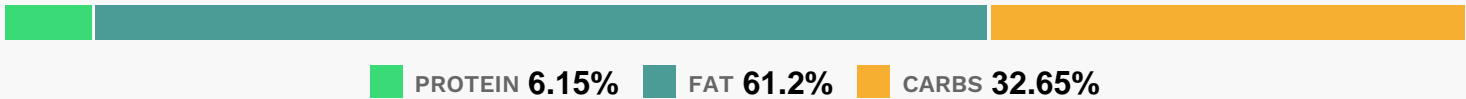
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Pulse first 4 ingredients in a food pro-cessor 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



Properties

Glycemic Index:7.63, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.9960869466481%

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, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 80.99kcal (4.05%), Fat: 5.57g (8.58%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.22g (2.26%), Sugar: 1.6g (1.77%), Cholesterol: 6.2mg (2.07%), Sodium: 266.74mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Phosphorus: 61.79mg (6.18%), Vitamin B1: 0.06mg (3.76%), Vitamin K: 3.67µg (3.49%), Vitamin B2: 0.06mg (3.42%), Vitamin E: 0.5mg (3.35%), Folate: 12.4µg (3.1%), Calcium: 29.64mg (2.96%), Vitamin A: 123.73IU (2.47%), Vitamin B3: 0.44mg (2.2%), Selenium: 1.35µg (1.93%), Fiber: 0.47g (1.88%), Manganese: 0.04mg (1.85%), Iron: 0.32mg (1.8%), Copper: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.25%), Magnesium: 4.23mg (1.06%)