



Dijon-Pepper Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.8 teaspoon coarsely ground pepper
- ☐ 0.5 cup milk 1% low-fat
- ☐ 3 tablespoons butter chilled cut into small pieces and
- ☐ 0.5 teaspoon salt

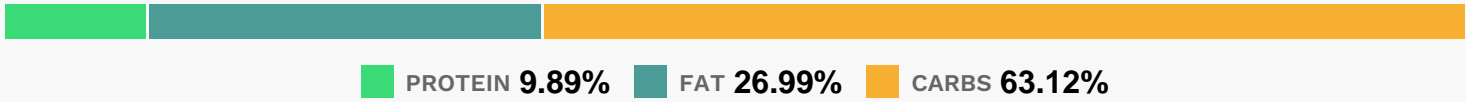
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine milk and mustard; add to flour mixture. Stir until the flour mixture is moist.
- ☐ Turn dough out onto a lightly floured surface. Knead 5 or 6 times.
- ☐ Roll dough to about 1/2-inch thickness, and cut with a 1 3/4-inch biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 12 to 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:1.9343478411598%

Nutrients (% of daily need)

Calories: 53.76kcal (2.69%), Fat: 1.6g (2.46%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 8.08g (2.94%), Sugar: 0.29g (0.32%), Cholesterol: 0.25mg (0.08%), Sodium: 116.18mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin B1: 0.09mg (5.82%), Selenium: 4.07µg (5.81%), Folate: 19.28µg (4.82%), Manganese: 0.08mg (4.23%), Vitamin B2: 0.06mg (3.53%), Vitamin B3: 0.63mg (3.14%), Iron: 0.55mg (3.04%), Calcium: 28.98mg (2.9%), Phosphorus: 25.53mg (2.55%), Vitamin A: 73.46IU (1.47%), Fiber: 0.35g (1.41%)