



Dill Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



160 kcal

Ingredients

- ☐ 2.3 cups biscuit and baking mix reduced-fat (such as Bisquick)
- ☐ 2 teaspoons optional: dill dried
- ☐ 2 tablespoons butter light chilled cut into small pieces (such as Land O' Lakes)
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup 0%-less-fat cream sour (such as Breakstone)

Equipment

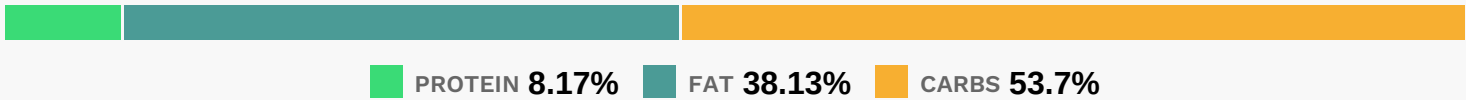
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine baking mix and dill in a bowl; stir well.
- ☐ Cut in butter with a pastry blender or two knives until mixture resembles coarse meal.
- ☐ Add buttermilk and sour cream, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface. Knead lightly 4 to 5 times.
- ☐ Roll dough to 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- ☐ Place biscuits on a baking sheet lightly coated with cooking spray. Lightly coat tops with cooking spray.
- ☐ Bake at 400 for 8 minutes or until lightly golden.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:4.6586957152771%

Nutrients (% of daily need)

Calories: 159.95kcal (8%), Fat: 6.76g (10.4%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 20.74g (7.54%), Sugar: 5.38g (5.98%), Cholesterol: 5.95mg (1.98%), Sodium: 408.28mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Phosphorus: 195.43mg (19.54%), Vitamin B1: 0.18mg (12.08%), Vitamin B2: 0.17mg (9.93%), Folate: 38.54µg (9.63%), Calcium: 83.69mg (8.37%), Vitamin B3: 1.38mg (6.92%), Manganese: 0.11mg (5.57%), Iron: 0.99mg (5.5%), Selenium: 2.66µg (3.8%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.18µg (2.95%), Magnesium: 10.91mg (2.73%), Fiber: 0.68g (2.71%), Potassium: 90.3mg (2.58%), Copper: 0.05mg (2.49%), Vitamin K: 2.14µg (2.03%), Vitamin A: 98.51IU (1.97%), Zinc: 0.29mg (1.95%), Vitamin B6: 0.03mg (1.7%)