



Dill-Seed Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



139 kcal

Ingredients

- 4 teaspoons double-acting baking powder
- 2 teaspoons dill seeds
- 1.8 cups flour
- 1 cup heavy cream
- 1 teaspoon salt
- 6 tablespoons butter unsalted cold cut into 1/4-inch pieces

Equipment

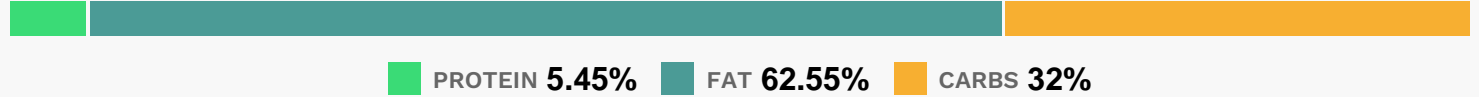
- bowl
- baking sheet

- oven
- whisk

Directions

- Heat the oven to 42
- In a medium bowl, whisk together the flour, baking powder, dill seeds, and salt.
- Cut or rub in the butter until the mixture is the texture of coarse meal with a few pea-size pieces remaining. Stir in the cream with a fork just until the dough comes together.
- On a lightly floured surface, knead the dough gently just until smooth, about 5 times.
- Roll the dough 3/4 inch thick. Using a 2-inch round cutter, stamp out circles of the dough.
- Put them, about 1/2 inch apart, on an ungreased baking sheet.
- Roll out the scraps in the same way. Stamp out more circles and put them on the baking sheet.
- Bake the biscuits in the middle of the oven until golden brown, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:7.8, Inflammation Score:-3, Nutrition Score:3.1804347705582%

Nutrients (% of daily need)

Calories: 139.31kcal (6.97%), Fat: 9.8g (15.08%), Saturated Fat: 6.14g (38.38%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.85g (3.95%), Sugar: 0.47g (0.53%), Cholesterol: 28.1mg (9.37%), Sodium: 256.26mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Calcium: 75.96mg (7.6%), Vitamin B1: 0.11mg (7.44%), Selenium: 5.17µg (7.38%), Vitamin A: 350IU (7%), Folate: 25.8µg (6.45%), Vitamin B2: 0.1mg (5.77%), Manganese: 0.1mg (4.94%), Phosphorus: 47.29mg (4.73%), Iron: 0.8mg (4.47%), Vitamin B3: 0.83mg (4.13%), Vitamin D: 0.32µg (2.11%), Vitamin E: 0.27mg (1.78%), Fiber: 0.43g (1.71%), Magnesium: 5.1mg (1.27%), Copper: 0.02mg (1.22%), Vitamin B5: 0.1mg (1.04%)