

# Doggie Biscuits II

 Vegetarian

READY IN



875 min.

SERVINGS



18

CALORIES



266 kcal

## Ingredients

- 0.3 ounce yeast dry
- 2 cups bulgur
- 2.5 cups chicken broth
- 1 cup cornmeal
- 1 eggs
- 3.5 cups flour all-purpose
- 1 tablespoon milk
- 0.5 cup powdered milk dry
- 1 cup rye flour

- 4 teaspoons salt
- 0.3 cup water
- 2 cups flour whole wheat

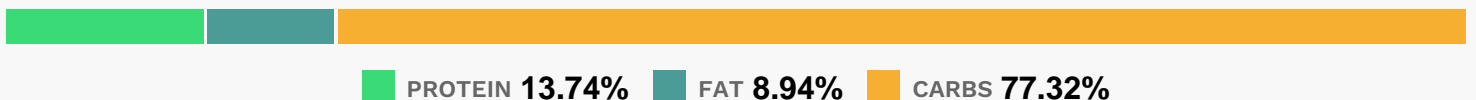
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- Preheat the oven to 325 degrees F (165 degrees C). Dissolve yeast in warm water until foamy, about 10 minutes.
- In a large bowl, stir together the all-purpose, whole wheat, and rye flours with the bulgur, cornmeal and powdered milk. Stir in the yeast mixture, salt and chicken broth to form a stiff dough.
- Add more broth if necessary to hold dough together.
- Roll dough out to 1/4 inch thickness on a lightly floured surface.
- Cut into desired shapes using a cookie cutter.
- Place biscuits 1 inch apart onto an ungreased cookie sheet.
- Combine the egg and milk; brush onto the tops of the biscuits.
- Bake in the preheated oven for 45 minutes, then turn off the oven and let the biscuits sit in the closed oven overnight to become extra hard and crunchy.

## Nutrition Facts



## Properties

Glycemic Index:15.19, Glycemic Load:22.1, Inflammation Score:-5, Nutrition Score:13.405217466147%

## Nutrients (% of daily need)

Calories: 265.57kcal (13.28%), Fat: 2.69g (4.14%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 45.85g (16.67%), Sugar: 1.94g (2.15%), Cholesterol: 13.3mg (4.43%), Sodium: 659.07mg (28.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Manganese: 1.4mg (69.76%), Selenium: 19.69µg (28.13%), Vitamin B1: 0.4mg (26.55%), Fiber: 6.53g (26.14%), Phosphorus: 190.23mg (19.02%), Folate: 71.15µg (17.79%), Vitamin B3: 3.46mg (17.31%), Magnesium: 66.15mg (16.54%), Vitamin B2: 0.26mg (15.57%), Iron: 2.49mg (13.85%), Vitamin B6: 0.21mg (10.34%), Copper: 0.19mg (9.7%), Zinc: 1.42mg (9.49%), Potassium: 249.48mg (7.13%), Vitamin B5: 0.61mg (6.07%), Calcium: 52.18mg (5.22%), Vitamin D: 0.43µg (2.88%), Vitamin B12: 0.15µg (2.48%), Vitamin E: 0.29mg (1.95%), Vitamin A: 51.01IU (1.02%), Vitamin K: 1.06µg (1.01%)