



Easy Garlic Butter Buns

 Popular

READY IN



28 min.

SERVINGS



8

CALORIES



240 kcal

Ingredients

- ☐ 1 can biscuits refrigerated
- ☐ 2 Tablespoons butter melted
- ☐ 8 servings parsley fresh
- ☐ 8 servings creamy pimienta cheese

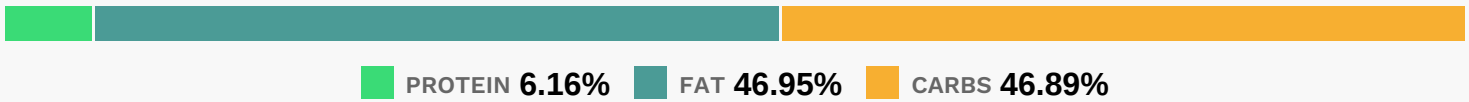
Equipment

- ☐ frying pan
- ☐ oven
- ☐ rolling pin
- ☐ muffin tray

Directions

- ☐ Unroll the refrigerated biscuits.
- ☐ Roll the biscuits out, just a bit, using a rolling pin.
- ☐ Spread the biscuits with Lia Marie's Five Cheese Garlic
- ☐ Spread*
- ☐ Roll biscuits up burrito style and cut into three pieces.
- ☐ Put the three biscuit pieces, cut side up, into a greased muffin pan.
- ☐ Bake according to package directions on biscuit can, or until golden brown.Cool in pan for 5 minutes.
- ☐ Brush tops of buns with melted butter and sprinkle with fresh parsley.
- ☐ Remove from pan and serve warm.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:17.76, Inflammation Score:-5, Nutrition Score:9.7073912568714%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.41kcal (12.02%), Fat: 12.64g (19.44%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 27.51g (10%), Sugar: 2.14g (2.37%), Cholesterol: 8.65mg (2.88%), Sodium: 579.11mg (25.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin K: 68.21µg (64.96%), Phosphorus: 251.49mg (25.15%), Vitamin B1: 0.25mg (16.68%), Selenium: 10.9µg (15.57%), Iron: 2.15mg (11.97%), Folate: 46.61µg (11.65%), Manganese: 0.23mg (11.64%), Vitamin B2: 0.17mg (10.22%), Vitamin B3: 1.99mg (9.95%), Vitamin A: 434.67IU (8.69%), Vitamin C: 5.39mg (6.53%), Vitamin E: 0.87mg (5.82%), Potassium: 152.36mg (4.35%), Calcium: 38.29mg (3.83%), Fiber: 0.88g (3.53%), Magnesium: 11.89mg (2.97%), Copper: 0.05mg (2.69%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.19mg (1.93%), Vitamin B6: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.45%)