



Easy Pan Biscuits

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



106 kcal

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 3 tablespoons butter divided melted
- ☐ 6 tablespoons lemon-lime drink soft
- ☐ 0.5 cup cup heavy whipping cream sour

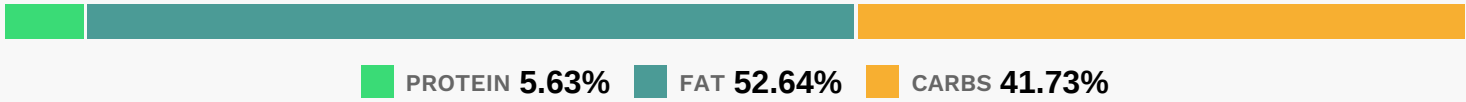
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 3 ingredients; lightly flour hands, and divide dough into 20 equal portions. Shape each portion into a ball, and place in a lightly greased 8-inch square baking pan. (Dough portions will touch.)
- ☐ Brush evenly with half of butter.
- ☐ Bake at 425 for 15 minutes or until golden brown.
- ☐ Brush evenly with remaining half of butter.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Bisquick All-Purpose Baking
- ☐ Mix and Sprite (do not use diet).

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4043478117041%

Nutrients (% of daily need)

Calories: 106.16kcal (5.31%), Fat: 6.22g (9.57%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.77g (3.91%), Sugar: 2.73g (3.03%), Cholesterol: 10.86mg (3.62%), Sodium: 225.13mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Phosphorus: 100.1mg (10.01%), Vitamin B1: 0.09mg (6.24%), Folate: 20.54µg (5.14%), Vitamin B2: 0.08mg (4.93%), Calcium: 37.17mg (3.72%), Vitamin B3: 0.74mg (3.68%), Manganese: 0.06mg (2.76%), Iron: 0.45mg (2.5%), Vitamin A: 118.38IU (2.37%), Selenium: 1.51µg (2.16%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.08µg (1.39%), Fiber: 0.34g (1.34%), Copper: 0.03mg (1.3%), Vitamin K: 1.35µg (1.29%), Magnesium: 4.88mg (1.22%), Potassium: 36.39mg (1.04%)