



Eggless Whole Wheat Biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon sugar white
- ☐ 1 cup flour whole wheat

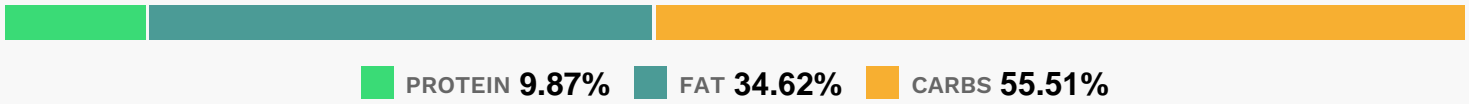
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Whisk all-purpose flour, whole wheat flour, baking powder, sugar, and salt in a bowl.
- ☐ Cut butter into flour mixture using whisk until mixture resembles coarse crumbs.
- ☐ Add milk and stir until mixture is moistened.
- ☐ Turn the dough out onto a lightly floured surface and knead briefly, about 15 turns. Pat or roll the dough out into a 3/4-inch thick round.
- ☐ Cut circles with a 2-inch biscuit cutter or cup and arrange on a baking sheet.
- ☐ Bake in preheated oven until brown, 10 to 12 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:10.72, Inflammation Score:-3, Nutrition Score:8.0091305141864%

Nutrients (% of daily need)

Calories: 183.87kcal (9.19%), Fat: 7.26g (11.17%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 24.16g (8.79%), Sugar: 3.07g (3.41%), Cholesterol: 18.91mg (6.3%), Sodium: 487.84mg (21.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Manganese: 0.72mg (35.93%), Selenium: 15.23µg (21.76%), Calcium: 164.33mg (16.43%), Phosphorus: 146.75mg (14.68%), Vitamin B1: 0.22mg (14.36%), Folate: 35.41µg (8.85%), Vitamin B2: 0.15mg (8.63%), Vitamin B3: 1.7mg (8.51%), Iron: 1.49mg (8.27%), Fiber: 2.03g (8.12%), Magnesium: 28.33mg (7.08%), Vitamin A: 228.03IU (4.56%), Vitamin B6: 0.09mg (4.34%), Copper: 0.08mg (4.24%), Zinc: 0.63mg (4.21%), Potassium: 119.1mg (3.4%), Vitamin B12: 0.18µg (2.95%), Vitamin B5: 0.28mg (2.8%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.3mg (1.97%)