



HEALTH SCORE

52%

## Feta-Oregano Biscuits



Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



2555 kcal

### Ingredients

- ☐ 0.5 cup butter cold
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups buttermilk
- ☐ 4 oz feta cheese crumbled
- ☐ 0.5 teaspoon oregano dried
- ☐ 2.3 cups self-rising soft-wheat flour
- ☐ 1 serving self-rising soft-wheat flour

### Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender

## Directions

- ☐ Combine crumbled feta cheese and dried oregano with flour in a large bowl.
- ☐ Cut butter with a sharp knife or pastry blender into 1/4-inch-thick slices.
- ☐ Sprinkle butter slices over flour mixture; toss butter with flour.
- ☐ Cut butter into flour with a pastry blender until crumbly and mixture resembles small peas. Cover and chill 10 minutes.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 or 4 times, gradually adding additional flour as needed. With floured hands, press or pat dough into a 3/4-inch-thick rectangle (about 9 x 5 inches).
- ☐ Sprinkle top of dough with additional flour. Fold dough over onto itself in 3 sections, starting with 1 short end. (Fold dough rectangle as if folding a letter-size piece of paper.) Repeat entire process 2 more times, beginning with pressing into a 3/4-inch-thick dough rectangle (about 9 x 5 inches).
- ☐ Press or pat dough to 1/2-inch thickness on a lightly floured surface; cut with a 2-inch round cutter, and place, side by side, on a parchment paper-lined or lightly greased jelly-roll pan. (Dough rounds should touch.)
- ☐ Bake at 450 for 13 to 15 minutes or until lightly browned.
- ☐ Remove from oven; brush with 2 Tbsp. melted butter.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Soft Wheat Flour.

## Nutrition Facts



 **PROTEIN 8.9%**  **FAT 53.51%**  **CARBS 37.59%**

## Properties

Glycemic Index:313, Glycemic Load:165.19, Inflammation Score:-10, Nutrition Score:57.703913285599%

Nutrients (% of daily need)

Calories: 2554.76kcal (127.74%), Fat: 151.94g (233.75%), Saturated Fat: 93.98g (587.35%), Carbohydrates: 240.16g (80.05%), Net Carbohydrates: 231.94g (84.34%), Sugar: 15.55g (17.27%), Cholesterol: 438.15mg (146.05%), Sodium: 2523.61mg (109.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.85g (113.71%), Selenium: 127.46µg (182.08%), Vitamin B2: 2.95mg (173.7%), Vitamin B1: 2.59mg (172.74%), Folate: 586.31µg (146.58%), Manganese: 2.06mg (103.15%), Calcium: 997.29mg (99.73%), Phosphorus: 984.44mg (98.44%), Vitamin B3: 18.55mg (92.74%), Vitamin A: 4526.63IU (90.53%), Iron: 14.62mg (81.23%), Vitamin B12: 3.54µg (58.95%), Zinc: 6.58mg (43.88%), Vitamin B5: 3.67mg (36.66%), Vitamin B6: 0.73mg (36.53%), Fiber: 8.22g (32.89%), Magnesium: 120.6mg (30.15%), Vitamin D: 4.35µg (29.02%), Vitamin E: 4.05mg (27.02%), Copper: 0.53mg (26.67%), Potassium: 830.83mg (23.74%), Vitamin K: 19.93µg (18.98%)