



## French Onion Biscuits

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



49 kcal

### Ingredients

- ☐ 8 oz gorgonzola dip french (1 cup)
- ☐ 0.3 cup milk
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 tablespoon butter melted
- ☐ 2 cups frangelico

### Equipment

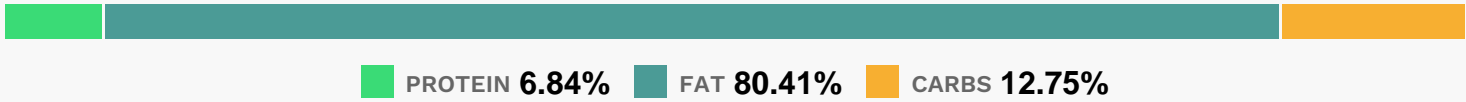
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ whisk

Directions

- ☐ Heat oven to 450°F. Lightly grease cookie sheet with shortening or cooking spray.
- ☐ In medium bowl, stir dip, milk and parsley with whisk until smooth. Stir in Bisquick mix until well blended. Shape dough into 12 rounds; place on cookie sheet.
- ☐ Brush tops of rounds with melted butter.
- ☐ Bake 7 to 8 minutes or until lightly golden.
- ☐ Let stand 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.62130435629059%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 49.33kcal (2.47%), Fat: 4.26g (6.56%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.51g (1.68%), Cholesterol: 3.12mg (1.04%), Sodium: 116.72mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Vitamin K: 5.56µg (5.3%), Calcium: 32.19mg (3.22%), Vitamin A: 65.47IU (1.31%)