



French Onion Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



135 kcal

Ingredients

- 2 cups baking mix
- 1 tablespoon butter melted
- 1 teaspoon parsley dried
- 0.3 cup milk
- 8 oz gorgonzola dip french

Equipment

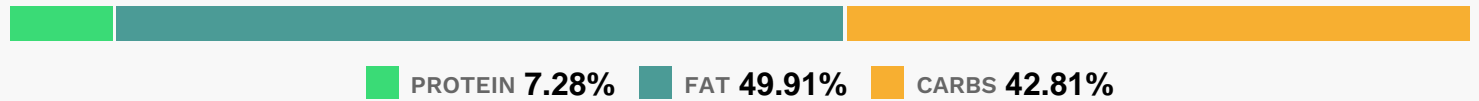
- bowl
- baking sheet
- oven

whisk

Directions

- In a large bowl, whisk together onion dip, milk and parsley until smooth. Stir in baking mix until well blended. Drop dough by spoonfuls onto a lightly greased baking sheet, making 12 biscuits.
- Bake at 450 degrees for 7 to 8 minutes, until lightly golden. Immediately brush tops of biscuits with melted butter.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.8973913283452%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 134.84kcal (6.74%), Fat: 7.34g (11.29%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.74g (5%), Sugar: 3.84g (4.26%), Cholesterol: 3.52mg (1.17%), Sodium: 371.77mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Phosphorus: 122.45mg (12.25%), Vitamin B1: 0.12mg (7.86%), Calcium: 67.63mg (6.76%), Folate: 25.05µg (6.26%), Vitamin B2: 0.09mg (5.59%), Vitamin B3: 0.92mg (4.58%), Manganese: 0.07mg (3.45%), Iron: 0.56mg (3.09%), Selenium: 1.61µg (2.3%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.11µg (1.79%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.55%), Vitamin K: 1.51µg (1.44%), Magnesium: 5.67mg (1.42%), Potassium: 40.73mg (1.16%)