



Gina's Herb Cream Biscuits

 Vegetarian

READY IN



33 min.

SERVINGS



10

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon chives chopped
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon granulated sugar
- ☐ 1.5 cups heavy cream at room temperature
- ☐ 10 servings kosher salt

- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1 teaspoon salt

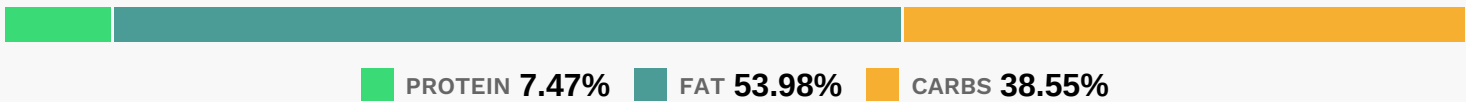
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F. Line a baking sheet with parchment.
- ☐ Whisk together the flour, sugar, baking powder, garlic powder and salt in a medium bowl.
- ☐ Stir in 1 1/2 cups of cream and the herbs and mix with a wooden spoon until the dough comes together.
- ☐ Remove the dough to the countertop and knead briefly until it is smooth and uniform in appearance. Pat the dough out to a 1-inch thickness. Use a 2 1/2-inch biscuit cutter dipped in flour to punch out dough rounds. Push the leftover dough together cut out more rounds. Arrange the biscuits on the parchment lined sheet tray.
- ☐ In a small bowl, whisk together the remaining 1 tablespoon of cream and the egg.
- ☐ Brush the tops of the biscuits with the egg wash and sprinkle with kosher salt. Put immediately into the oven and bake for 18 minutes.
- ☐ Transfer the biscuits from the oven to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:31.91, Glycemic Load:14.86, Inflammation Score:-5, Nutrition Score:6.1021738415179%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 224.94kcal (11.25%), Fat: 13.56g (20.87%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 21.07g (7.66%), Sugar: 2.34g (2.6%), Cholesterol: 56.71mg (18.9%), Sodium: 527.95mg (22.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Selenium: 10.98µg (15.69%), Vitamin B1: 0.21mg (13.8%), Folate: 50.31µg (12.58%), Vitamin B2: 0.21mg (12.48%), Vitamin A: 595.3IU (11.91%), Manganese: 0.18mg (8.9%), Vitamin K: 8.43µg (8.03%), Iron: 1.41mg (7.84%), Calcium: 78.13mg (7.81%), Phosphorus: 75.59mg (7.56%), Vitamin B3: 1.51mg (7.56%), Vitamin D: 0.66µg (4.39%), Fiber: 0.72g (2.9%), Vitamin B5: 0.27mg (2.73%), Vitamin E: 0.4mg (2.64%), Magnesium: 9.31mg (2.33%), Copper: 0.05mg (2.31%), Zinc: 0.33mg (2.22%), Potassium: 73.69mg (2.11%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.6%), Vitamin C: 0.92mg (1.12%)