



Herb and Cheese Angel Biscuits

READY IN



27 min.

SERVINGS



100

CALORIES



20 kcal

Ingredients

- ☐ 2.5 cups biscuit and baking mix low-fat
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley or dried fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon fines herbes
- ☐ 3 tablespoons butter reduced-calorie
- ☐ 1 cup nonfat buttermilk
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 package rapid-rise yeast

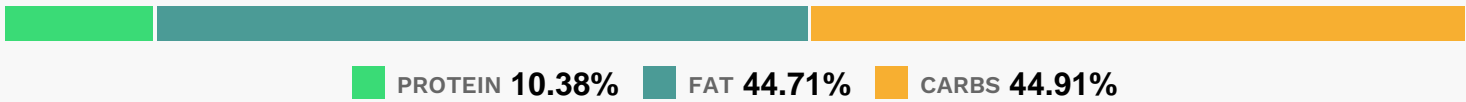
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Place buttermilk in a 2-cup glass measure; microwave at HIGH 1 minute or until buttermilk reaches 13
- ☐ Combine baking mix and next 4 ingredients in a large bowl; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add buttermilk, stirring with a fork just until dry ingredients are moistened.
- ☐ Sprinkle flour evenly over work surface. Turn dough out onto floured surface, and knead 4 or 5 times.
- ☐ Roll dough to 1/2-inch thickness; cut into rounds with a 2 1/2-inch biscuit cutter.
- ☐ Place rounds on a baking sheet coated with cooking spray. Coat rounds with cooking spray, and sprinkle with parsley. Cover and let rise in a warm place (85), free from drafts, 10 minutes.
- ☐ Bake at 400 for 14 minutes or until biscuits are golden.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.61217390988832%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg

Nutrients (% of daily need)

Calories: 20.22kcal (1.01%), Fat: 1g (1.54%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.47g (0.52%), Cholesterol: 0.67mg (0.22%), Sodium: 48.26mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Phosphorus: 21.06mg (2.11%), Vitamin B1: 0.03mg (1.8%), Folate: 5.98µg (1.49%), Vitamin B2: 0.02mg (1.19%), Calcium: 10.2mg (1.02%)