



## Herb and Cheese Poppers

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter unsalted frozen (1 stick)
- ☐ 1.5 cups buttermilk chilled
- ☐ 2 tablespoons basil fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 teaspoon sage fresh minced

- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 0.8 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese grated
- ☐ 1 teaspoon sugar

## Equipment

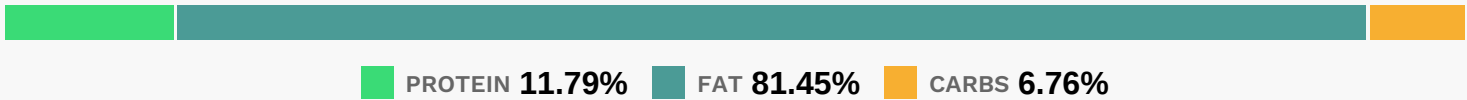
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula
- ☐ dough scraper

## Directions

- ☐ Line 2 large rimmed baking sheets with parchment paper.
- ☐ Mix cheese and next 5 ingredients in medium bowl.
- ☐ Whisk 2 3/4 cups flour, baking powder, sugar, salt, and baking soda in another medium bowl. Using large holes of box grater, grate frozen butter onto plate.
- ☐ Add grated butter to flour mixture and rub in with fingertips until evenly distributed. Stir in buttermilk just until incorporated (dough will be sticky).
- ☐ Sprinkle work surface with 1/4 cup flour.
- ☐ Transfer dough to work surface; sprinkle dough with flour. Using hands, press dough into 8-inch square, about 1/2 inch thick; sprinkle more flour on work surface as needed to prevent sticking.
- ☐ Sprinkle 1/2 cup cheese-herb mixture over 2/3 of surface of dough, leaving remaining 1/3 of dough surface uncovered. To fold as for business letter: Using dough scraper or metal spatula as aid, lift uncovered dough portion from work surface and fold over half of cheese-covered portion; still using dough scraper or metal spatula as aid, lift folded portion over remaining cheese-covered portion.
- ☐ Sprinkle dough with flour to prevent sticking. Press dough out again to 8-inch square.

- ☐ Spread 1/2 cup cheese-herb mixture over 2/3 of dough; repeat folding as for business letter, then pressing dough out to 8-inch square. Repeat 2 more times with dough and cheese-herb mixture.
- ☐ Place biscuits in single layer on baking sheets; freeze until firm. Wrap biscuits in single layer in foil, then enclose in resealable freezer bags; freeze up to 2 weeks.
- ☐ Place frozen biscuits 1 inch apart on parchment-lined baking sheets; thaw in refrigerator overnight.
- ☐ Let biscuits stand at room temperature 20 minutes before baking.
- ☐ Position rack in center of oven; preheat to 500°F.
- ☐ Bake biscuits, 1 sheet at a time, until golden on top and tester inserted into center comes out clean, about 10 minutes. Cool biscuits on baking sheet at least 5 minutes. If desired, cool completely, then rewarm biscuits in 400°F oven 3 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index: 11.09, Glycemic Load: 0.34, Inflammation Score: -2, Nutrition Score: 1.8039130675404%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

## Nutrients (% of daily need)

Calories: 48.94kcal (2.45%), Fat: 4.5g (6.93%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.62g (0.69%), Cholesterol: 12.6mg (4.2%), Sodium: 134.98mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Copper: 0.17mg (8.71%), Calcium: 63.17mg (6.32%), Vitamin K: 4.49µg (4.28%), Phosphorus: 37.28mg (3.73%), Vitamin A: 169.93IU (3.4%), Selenium: 1.74µg (2.49%), Vitamin B2: 0.04mg (2.34%), Vitamin B12: 0.1µg (1.69%), Zinc: 0.22mg (1.47%), Vitamin D: 0.21µg (1.37%)