



Herb and Onion Wheat Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.3 teaspoon basil dried
- ☐ 0.8 cup milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon sugar
- ☐ 0.5 cup flour whole wheat

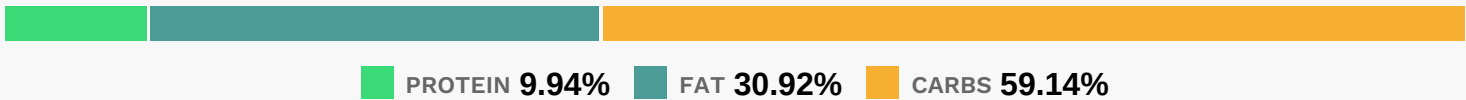
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Heat a small skillet coated with cooking spray over medium heat.
- ☐ Add onion; cook 6 minutes or until tender, stirring frequently. Spoon onion into a blender.
- ☐ Add milk; process until smooth. Cool.
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours and next 5 ingredients (flours through basil) in a large bowl; cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add onion mixture; stir just until moist. Turn dough out onto a heavily floured surface (dough will be sticky), and knead lightly 5 times with floured hands.
- ☐ Roll dough to a 1/2-inch thickness; cut into 10 biscuits with a 3-inch biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:35.23, Glycemic Load:11.25, Inflammation Score:-4, Nutrition Score:5.7313043552896%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 142.99kcal (7.15%), Fat: 4.97g (7.65%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 19.94g (7.25%), Sugar: 1.79g (1.99%), Cholesterol: 12.75mg (4.25%), Sodium: 246.27mg (10.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.59g (7.19%), Manganese: 0.4mg (19.92%), Selenium: 10.57µg (15.11%), Vitamin B1: 0.2mg (13.02%), Folate: 40.73µg (10.18%), Phosphorus: 85mg (8.5%), Calcium: 82.59mg (8.26%), Vitamin B2: 0.13mg (7.85%), Vitamin B3: 1.45mg (7.25%), Iron: 1.25mg (6.95%), Fiber: 1.45g (5.81%), Magnesium: 16.8mg (4.2%), Vitamin A: 181.2IU (3.62%), Vitamin B6: 0.06mg (3.18%), Copper: 0.06mg (2.96%), Potassium: 98.72mg (2.82%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 1.19mg (1.44%), Vitamin D: 0.2µg (1.35%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.37µg (1.31%)