



Herb Biscuits

READY IN



22 min.

SERVINGS



8

CALORIES



258 kcal

Ingredients

- ☐ 12 ounce buttermilk biscuit dough refrigerated
- ☐ 0.5 cup butter melted
- ☐ 1.5 teaspoons dill weed dried
- ☐ 0.3 teaspoon onion dried minced
- ☐ 1.5 teaspoons parsley dried

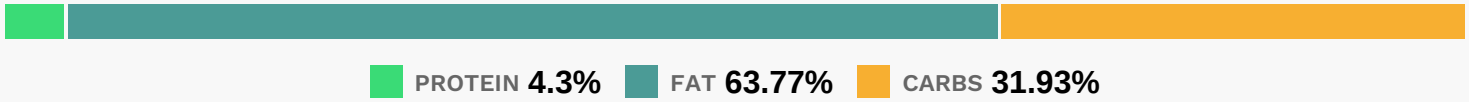
Equipment

- ☐ bowl
- ☐ oven
- ☐ cake form

Directions

- ☐ In a medium bowl, blend melted butter with the dried parsley, dill weed, and onion flakes.
- ☐ Cut buttermilk biscuits into quarters.
- ☐ Roll each biscuit quarter in herb butter.
- ☐ Place in 8 inch cake pan, with pieces touching.
- ☐ Pour remaining butter over biscuits.
- ☐ Bake in a 425 degree F (220 degrees C) oven for 12 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:13.05, Inflammation Score:-3, Nutrition Score:5.0773913147657%

Flavonoids

Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Nutrients (% of daily need)

Calories: 258kcal (12.9%), Fat: 18.53g (28.51%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 20.28g (7.37%), Sugar: 1.55g (1.72%), Cholesterol: 30.93mg (10.31%), Sodium: 492.31mg (21.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Phosphorus: 187.83mg (18.78%), Vitamin B1: 0.18mg (12.26%), Selenium: 8.15µg (11.64%), Manganese: 0.18mg (8.9%), Iron: 1.5mg (8.36%), Vitamin B2: 0.13mg (7.65%), Folate: 30.48µg (7.62%), Vitamin A: 366.76IU (7.34%), Vitamin B3: 1.44mg (7.2%), Vitamin E: 0.89mg (5.95%), Potassium: 107.86mg (3.08%), Vitamin K: 3µg (2.85%), Calcium: 28.2mg (2.82%), Fiber: 0.6g (2.39%), Magnesium: 8.58mg (2.14%), Copper: 0.04mg (1.85%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.15mg (1.46%), Vitamin B12: 0.08µg (1.39%), Vitamin B6: 0.03mg (1.31%)