

Herb Biscuits

READY IN



30 min.

SERVINGS



10

CALORIES



179 kcal

Ingredients

- ☐ 12 ounce biscuit dough refrigerated
- ☐ 0.3 cup butter
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon mustard dijon-style prepared
- ☐ 2 drops pepper sauce hot

Equipment

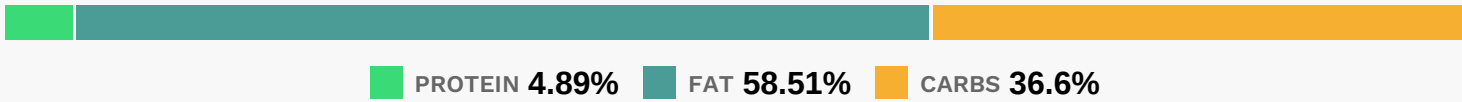
- ☐ baking sheet
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.
- ☐ In a medium saucepan over medium heat, melt butter and mix with Dijon-style mustard, rosemary, basil and hot pepper sauce.
- ☐ Dip biscuit dough piece by piece into the butter mixture, and arrange pieces on the prepared baking sheet.
- ☐ Bake in the preheated oven 15 to 20 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:10.44, Inflammation Score:-3, Nutrition Score:3.9908695220947%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 179.1kcal (8.96%), Fat: 11.78g (18.13%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 16.09g (5.85%), Sugar: 1.2g (1.33%), Cholesterol: 16.61mg (5.54%), Sodium: 379.97mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Phosphorus: 149.02mg (14.9%), Vitamin B1: 0.15mg (9.79%), Selenium: 6.64µg (9.49%), Manganese: 0.14mg (7.1%), Iron: 1.16mg (6.44%), Folate: 24.58µg (6.14%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 1.15mg (5.76%), Vitamin A: 217.4IU (4.35%), Vitamin E: 0.63mg (4.2%), Vitamin K: 3.6µg (3.43%), Potassium: 81.57mg (2.33%), Calcium: 20.16mg (2.02%), Fiber: 0.5g (2%), Magnesium: 6.62mg (1.66%), Copper: 0.03mg (1.54%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.15%), Vitamin B12: 0.06µg (1.01%)