



Herbed Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



125 kcal

Ingredients

- 0.5 cup butter cold cubed
- 1 cup buttermilk
- 2 tablespoons basil fresh chopped
- 2 tablespoons chives fresh chopped
- 1 teaspoon pepper freshly ground
- 2 cups self-rising flour

Equipment

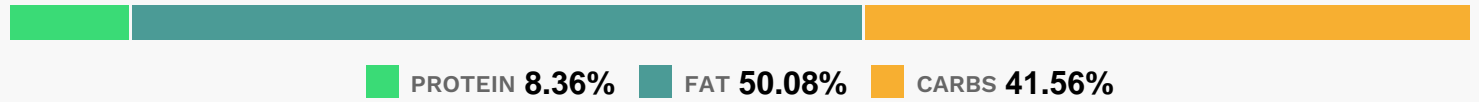
- baking sheet
- baking paper

- oven
- blender

Directions

- Preheat oven to 42
- Cut butter into flour with a pastry blender or fork until mixture resembles small peas.
- Add chives, basil, and freshly ground pepper.
- Add buttermilk, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead lightly 3 or 4 times. Pat or roll dough to 3/4-inch thickness; cut into squares to form 15 biscuits.
- Place on a parchment paper-lined baking sheet.
- Bake 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:8.1, Inflammation Score:-2, Nutrition Score:2.349130458158%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.86kcal (6.24%), Fat: 6.95g (10.7%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.54g (4.56%), Sugar: 0.85g (0.94%), Cholesterol: 18.03mg (6.01%), Sodium: 65.84mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Selenium: 7.3µg (10.42%), Manganese: 0.15mg (7.71%), Vitamin A: 248.03IU (4.96%), Phosphorus: 32.17mg (3.22%), Vitamin K: 2.8µg (2.67%), Vitamin B2: 0.04mg (2.41%), Calcium: 24.15mg (2.41%), Copper: 0.04mg (1.89%), Fiber: 0.45g (1.79%), Folate: 7.15µg (1.79%), Vitamin E: 0.26mg (1.72%), Magnesium: 6.48mg (1.62%), Vitamin B5: 0.15mg (1.46%), Vitamin B1: 0.02mg (1.45%), Zinc: 0.22mg (1.44%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.21µg (1.39%), Potassium: 43.83mg (1.25%), Iron: 0.18mg (1.02%)