



Herbed Biscuits

READY IN



45 min.

SERVINGS



18

CALORIES



79 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon basil dried crushed
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 0.3 teaspoon thyme leaves dried crushed
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup butter
- ☐ 0.8 cup nonfat buttermilk low-fat
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 7 ingredients in a medium bowl; cut in margarine with a pastry blender until mixture is crumbly.
- ☐ Add buttermilk, stirring with a fork just until dry ingredients are moistened.
- ☐ Sprinkle 1 tablespoon flour over work surface. Turn dough out onto floured surface; knead lightly 4 or 5 times.
- ☐ Roll dough to 1/2-inch thickness; cut into rounds with a 2-inch biscuit cutter.
- ☐ Place biscuits on an ungreased baking sheet.
- ☐ Bake at 400 for 10 minutes or until golden.
- ☐ Note: Fat helps tenderize, provides volume, and adds flavor to baked goods. For many of our breads and desserts, we recommend using a small amount of stick margarine or butter. Reduced-fat and liquid margarines are healthy choices for eating and to use in some recipes. But the first ingredient in these products is often water, which can cause sogginess in baked breads and desserts.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:8.07, Inflammation Score:-2, Nutrition Score:2.4195652366008%

Nutrients (% of daily need)

Calories: 78.92kcal (3.95%), Fat: 2.68g (4.12%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 11.28g (4.1%), Sugar: 0.53g (0.59%), Cholesterol: 0.2mg (0.07%), Sodium: 172.47mg (7.5%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin B1: 0.11mg (7.51%), Selenium: 4.85µg (6.93%), Folate: 26.3µg (6.57%), Manganese: 0.1mg (5.01%), Calcium: 44.16mg (4.42%), Iron: 0.77mg (4.26%), Vitamin B2: 0.07mg (4.24%), Vitamin B3: 0.85mg (4.23%), Phosphorus: 30.85mg (3.08%), Vitamin A: 113.45IU (2.27%), Fiber: 0.4g (1.59%), Copper: 0.02mg (1.06%)