



Lemon-Chive Biscuits

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



311 kcal

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup chives finely chopped (from 2 bunches)
- 2 cups flour all-purpose
- 2 teaspoons lemon zest finely grated (from 2 medium lemons)
- 1 teaspoon salt fine
- 8 tablespoons butter unsalted cold cut into 1/2-inch pieces (1 stick)
- 1 cup milk whole cold

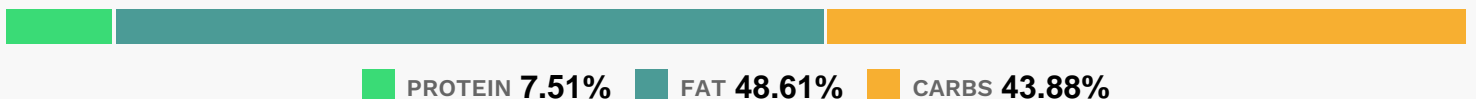
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender
- wooden spoon

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with parchment paper and set it aside.
- Whisk the flour, baking powder, salt, and baking soda together in a large bowl to aerate and combine.
- Add the butter pieces and toss to just coat them in the flour mixture.
- Place the bowl in the freezer for 10 minutes. Using a pastry blender or 2 knives, and working quickly so as not to soften the butter, cut the butter into the dry ingredients until it's in pea-size pieces.
- Drizzle in the milk, add the chives and lemon zest, and stir with a wooden spoon just until a moist, shaggy dough comes together. Pat the dough into a disk and divide it into 6 equal portions (about 1/2 cup each). Pat each portion into a 2-1/2-inch-wide disk and place them on the prepared baking sheet, spacing them about 2 inches apart.
- Bake until the biscuits have risen and are golden brown on top, about 15 to 16 minutes.
- Transfer to a wire rack to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:24.08, Inflammation Score:-5, Nutrition Score:8.7926087275795%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 311.43kcal (15.57%), Fat: 16.86g (25.95%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 33.01g (12.01%), Sugar: 2.14g (2.38%), Cholesterol: 45.01mg (15%), Sodium: 638.54mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin B1: 0.35mg (23.5%), Selenium: 15.11µg (21.58%), Folate: 78.65µg (19.66%), Vitamin B2: 0.27mg (15.93%), Manganese: 0.29mg (14.7%), Calcium: 141.76mg (14.18%), Vitamin B3: 2.52mg (12.62%), Vitamin A: 605.24IU (12.1%), Phosphorus: 120.81mg (12.08%), Iron: 2.12mg (11.77%), Fiber: 1.24g (4.96%), Vitamin K: 5.1µg (4.86%), Vitamin D: 0.73µg (4.85%), Vitamin B12: 0.25µg (4.19%), Magnesium: 15.59mg (3.9%), Vitamin B5: 0.36mg (3.62%), Copper: 0.07mg (3.35%), Potassium: 116.41mg (3.33%), Zinc: 0.49mg (3.25%), Vitamin E: 0.48mg (3.22%), Vitamin B6: 0.05mg (2.36%), Vitamin C: 1.83mg (2.22%)