



Light Biscuits

READY IN



45 min.

SERVINGS



22

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon honey
- ☐ 0.3 cup butter reduced-calorie
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce carton yogurt plain low-fat

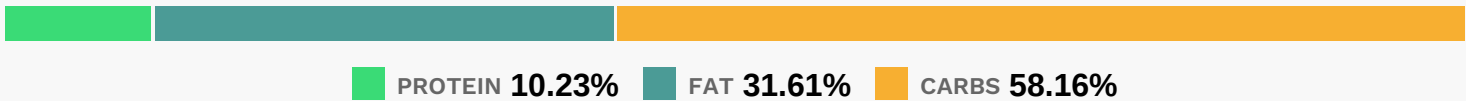
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 4 ingredients in a medium bowl; cut in margarine with a pastry blender until mixture is crumbly.
- ☐ Combine yogurt and honey; add to flour mixture, 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 425 for 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:6.74, Inflammation Score:-2, Nutrition Score:2.3660869690711%

Nutrients (% of daily need)

Calories: 69.69kcal (3.48%), Fat: 2.44g (3.75%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 10.1g (3.36%), Net Carbohydrates: 9.78g (3.56%), Sugar: 1.02g (1.13%), Cholesterol: 0.62mg (0.21%), Sodium: 155.92mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Vitamin B1: 0.1mg (6.45%), Selenium: 4.31µg (6.16%), Folate: 22.59µg (5.65%), Calcium: 53.53mg (5.35%), Vitamin B2: 0.08mg (4.76%), Manganese: 0.08mg (4.03%), Phosphorus: 40.07mg (4.01%), Vitamin B3: 0.7mg (3.52%), Iron: 0.61mg (3.41%), Vitamin A: 101.43IU (2.03%), Fiber: 0.32g (1.27%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.15%), Magnesium: 4.56mg (1.14%),

Potassium: 38.06mg (1.09%), Vitamin B12: 0.06µg (1.01%)