



## Loaded Blueberry Biscuits

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



35 kcal

DESSERT

### Ingredients

- 1 lemon zest grated
- 0.5 teaspoon ground cinnamon
- 2 tablespoons sugar
- 0.7 cup milk
- 1 cup blueberries fresh
- 1 serving p of sugar for sprinkling
- 2.3 cups frangelico

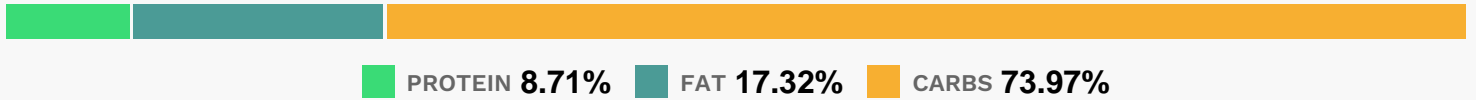
### Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Heat oven to 450°F. Line cookie sheet with cooking parchment paper.
- In large bowl, mix Original Bisquick® mix, lemon peel, cinnamon and 2 tablespoons sugar.
- Add milk; stir until just incorporated. Gently stir in blueberries. Drop dough by spoonfuls on cookie sheet.
- Sprinkle generously with sugar.
- Bake 8 to 10 minutes or until golden.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.14, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:1.5073912947074%

## Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 34.96kcal (1.75%), Fat: 0.73g (1.12%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.85g (6.5%), Cholesterol: 2.44mg (0.81%), Sodium: 8mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.08mg (4.25%), Vitamin K: 3.67µg (3.5%), Vitamin C: 2.77mg (3.35%), Calcium: 28.41mg (2.84%), Fiber: 0.59g (2.36%), Phosphorus: 22.93mg (2.29%), Vitamin B2: 0.04mg (2.17%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Potassium: 46.54mg (1.33%), Vitamin B1: 0.02mg (1.25%), Vitamin B6: 0.02mg (1.18%), Vitamin B5: 0.1mg (1.02%)