



Maple Cornmeal Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

DESSERT

Ingredients

- 2 tsp double-acting baking powder
- 0.5 banana whole cold
- 0.5 cup cornmeal
- 2 tbsp maple syrup pure
- 0.3 cup plant-based milk
- 0.3 tsp salt
- 0.5 cup pastry flour whole wheat

Equipment

- food processor
- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 425 F. Grease cookie sheet and set aside.
 - Combine flour, cornmeal, baking powder and salt in a food processor and run for about 10 seconds, ensuring even distribution.
 - Add banana and allow to run until flour is pebble-like.
 - Transfer to a mixing bowl and combine with non-dairy milk and maple, stirring until well combined. Use a spoon to drop 6 biscuits at least 2" apart.
 - Bake about 7-8 minutes, until edges are just crisp and slightly brown.
- Nutritional Information
- Amount Per Serving
 - Calories
 - Fat
 - 60g
 - Carbohydrate
 - 20gDietary Fiber2gSugars5.80gProtein2.30g

Nutrition Facts



Properties

Glycemic Index:48.3, Glycemic Load:9.06, Inflammation Score:-2, Nutrition Score:6.1104347628096%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.54kcal (5.93%), Fat: 1.39g (2.13%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 21.92g (7.97%), Sugar: 5.93g (6.59%), Cholesterol: 1.22mg (0.41%), Sodium: 264.72mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Manganese: 0.67mg (33.62%), Calcium: 114.62mg (11.46%), Phosphorus: 111.54mg (11.15%), Selenium: 7.27µg (10.39%), Fiber: 2.57g (10.3%), Magnesium: 33.57mg (8.39%), Vitamin B6: 0.16mg (8.06%), Vitamin B2: 0.13mg (7.92%), Vitamin B1: 0.1mg (6.87%), Iron: 0.96mg (5.33%), Zinc: 0.77mg (5.16%), Vitamin B3: 0.9mg (4.52%), Potassium: 144.74mg (4.14%), Copper: 0.08mg (4.05%), Folate: 10.87µg (2.72%), Vitamin B5: 0.21mg (2.1%), Vitamin C: 0.86mg (1.04%)