



## Maple-Glazed Walnut Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 2 teaspoons baking soda
- 1 tablespoon brown sugar
- 0.5 cup buttermilk
- 2.5 cups flour all-purpose
- 0.3 cup maple syrup
- 0.5 teaspoon salt
- 4 tablespoons butter unsalted chilled

0.5 cup walnut pieces coarsely chopped

## Equipment

bowl

baking sheet

oven

knife

## Directions

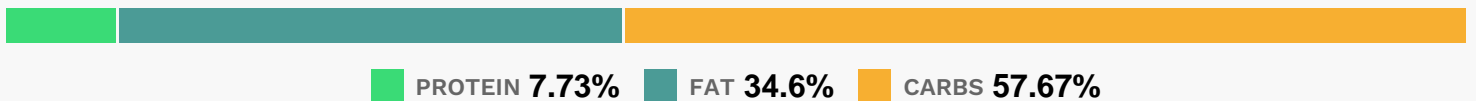
In a large bowl, combine 2 1/2 cups all-purpose flour, 1 tablespoon brown sugar, 1/2 teaspoon salt, 2 teaspoons baking soda, and 1 tablespoon baking powder.

Cut 4 tablespoons chilled unsalted butter into small pieces and add to the bowl. Using your fingertips, blend in the butter until the mixture resembles coarse crumbs.

Add 1/2 cup buttermilk, 1/3 cup maple syrup, and 1/2 cup coarsely chopped walnuts and mix with a spoon until the dough comes together. On a lightly floured surface, pat the dough into a 1-inch-thick circle. Use a knife to cut the dough into 8 wedges and bake on a greased baking sheet at 375 F for 15 minutes.

Brush the tops with 1 tablespoon maple syrup and continue to bake until golden, 5 to 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:31.81, Glycemic Load:25.57, Inflammation Score:-4, Nutrition Score:9.7104347759615%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 292.22kcal (14.61%), Fat: 11.32g (17.42%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 40.93g (14.88%), Sugar: 10.53g (11.7%), Cholesterol: 16.7mg (5.57%), Sodium: 597.02mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Manganese: 0.83mg (41.35%), Vitamin B2: 0.4mg (23.68%), Vitamin B1: 0.35mg (23.19%), Selenium: 14.25µg (20.36%), Folate: 79.63µg (19.91%), Calcium:

136.05mg (13.61%), Iron: 2.22mg (12.35%), Vitamin B3: 2.42mg (12.09%), Phosphorus: 114.84mg (11.48%), Copper: 0.18mg (8.92%), Magnesium: 25.15mg (6.29%), Fiber: 1.55g (6.19%), Zinc: 0.66mg (4.38%), Vitamin A: 201.14IU (4.02%), Potassium: 128.49mg (3.67%), Vitamin B6: 0.06mg (3.13%), Vitamin B5: 0.28mg (2.79%), Vitamin D: 0.3µg (2%), Vitamin E: 0.25mg (1.65%), Vitamin B12: 0.08µg (1.35%)