



Onion Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup buttermilk low-fat
- ☐ 1 cup onion fresh minced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons vegetable shortening

☐ 2 teaspoons water

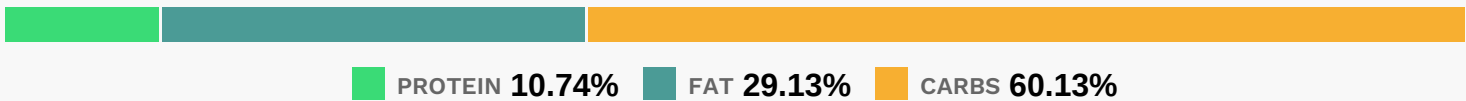
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Heat a small nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and sugar; saut 8 minutes or until golden brown. Cool.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, baking powder, baking soda, and salt in a food processor; pulse 2 times or until blended.
- ☐ Add the shortening, and pulse 2 times or until combined.
- ☐ Sprinkle onion mixture over flour mixture. With processor on, slowly add buttermilk through food chute; process until dough forms a ball.
- ☐ Turn dough out onto a floured surface, and knead lightly 4 to 5 times. Pat dough into an 8 x 6-inch rectangle; cut into 12 squares.
- ☐ Place on a baking sheet.
- ☐ Combine egg and water, and brush over biscuits.
- ☐ Bake at 450 for 11 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:12.06, Inflammation Score:-2, Nutrition Score:4.2986956083256%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 3.93g (6.04%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.45g (6.34%), Sugar: 1.52g (1.69%), Cholesterol: 14.24mg (4.75%), Sodium: 241.69mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Selenium: 8.56µg (12.23%), Vitamin B1: 0.18mg (11.79%), Folate: 43.13µg (10.78%), Vitamin B2: 0.15mg (8.61%), Manganese: 0.16mg (8.05%), Calcium: 64.94mg (6.49%), Iron: 1.14mg (6.35%), Vitamin B3: 1.26mg (6.28%), Phosphorus: 61.58mg (6.16%), Fiber: 0.79g (3.16%), Vitamin B5: 0.23mg (2.27%), Magnesium: 8.2mg (2.05%), Potassium: 69.63mg (1.99%), Copper: 0.04mg (1.99%), Zinc: 0.28mg (1.86%), Vitamin B6: 0.04mg (1.83%), Vitamin K: 1.84µg (1.76%), Vitamin E: 0.26mg (1.72%), Vitamin C: 1.14mg (1.38%), Vitamin B12: 0.07µg (1.09%)