



Parmesan and Parsley Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 1 cup milk whole chilled ()

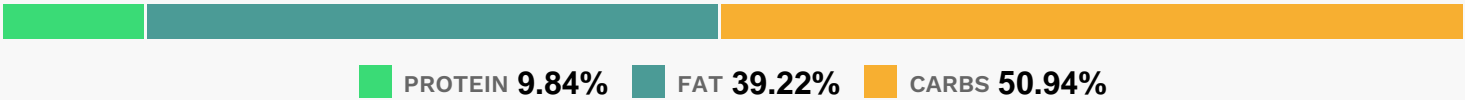
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Lightly sprinkle heavy large baking sheet with flour.
- ☐ Combine 3 cups flour, 1/2 cup cheese, sugar, baking powder, salt, and pepper in large bowl; whisk until well blended.
- ☐ Add butter and rub in with fingertips until coarse meal forms.
- ☐ Mix in parsley. Gradually add 1 cup milk, tossing with fork until moist clumps form and adding more milk by tablespoonfuls if mixture is dry. Gather dough into ball. Press out on lightly floured work surface to 8-inch round, about 1 inch thick. Using 2-inch-diameter cutter, cut out biscuits. Repeat, gathering and pressing out dough and cutting biscuits until all dough is used. Arrange biscuits on prepared baking sheet.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake until biscuits are puffed and light golden and tester inserted into centers comes out clean, about 15 minutes.
- ☐ Transfer biscuits to towel-lined basket and serve warm.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:21.05, Inflammation Score:-5, Nutrition Score:8.2060869932175%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 237.84kcal (11.89%), Fat: 10.4g (16.01%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 29.5g (10.73%), Sugar: 5.24g (5.82%), Cholesterol: 28.21mg (9.4%), Sodium: 428.42mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Calcium: 206.93mg (20.69%), Vitamin K: 21.56µg (20.53%), Selenium: 13.3µg (19%), Vitamin B1: 0.26mg (17.33%), Folate: 59.76µg (14.94%), Phosphorus: 140.86mg (14.09%), Vitamin B2: 0.21mg (12.32%), Manganese: 0.23mg (11.64%), Iron: 1.79mg (9.94%), Vitamin B3: 1.89mg (9.46%), Vitamin A: 429.12IU (8.58%), Zinc: 0.6mg (3.98%), Fiber: 0.91g (3.64%), Vitamin B12: 0.21µg (3.5%), Magnesium: 13mg (3.25%), Vitamin D: 0.4µg (2.65%), Copper: 0.05mg (2.64%), Vitamin B5: 0.25mg (2.5%), Potassium: 86.24mg (2.46%), Vitamin C: 1.66mg (2.02%), Vitamin E: 0.29mg (1.94%), Vitamin B6: 0.03mg (1.64%)