



## Parmesan-Basil Biscuits

READY IN



22 min.

SERVINGS



12

CALORIES



78 kcal

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 3 tablespoons butter chilled cut into small pieces
- 1 cup flour all-purpose
- 2 tablespoons basil fresh chopped
- 0.5 cup buttermilk low-fat
- 0.3 cup parmesan cheese grated
- 1 tablespoon parmesan cheese fresh shredded finely
- 0.3 teaspoon salt

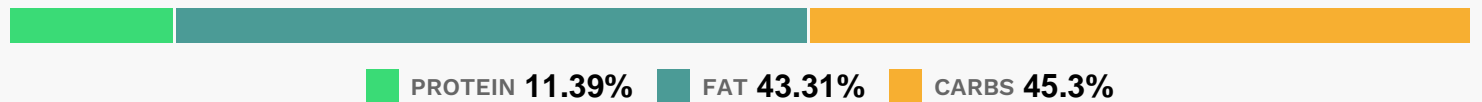
## Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- measuring cup

## Directions

- Preheat oven to 42
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 3 ingredients in a bowl.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in grated Parmesan cheese and basil.
- Add buttermilk, stirring just until moist.
- Spoon dough evenly into 8 mounds on a baking sheet coated with cooking spray. Lightly coat tops of biscuits with cooking spray, and sprinkle with finely shredded Parmesan cheese.
- Bake at 425 for 10 to 12 minutes or until golden.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:26.17, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:2.4078260951716%

## Nutrients (% of daily need)

Calories: 77.67kcal (3.88%), Fat: 3.74g (5.75%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.52g (3.1%), Sugar: 0.51g (0.57%), Cholesterol: 10.02mg (3.34%), Sodium: 187.24mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Selenium: 4.59µg (6.56%), Calcium: 57.56mg

(5.76%), Vitamin B1: 0.09mg (5.75%), Folate: 20.05µg (5.01%), Vitamin B2: 0.08mg (4.52%), Phosphorus: 44.58mg (4.46%), Manganese: 0.08mg (3.85%), Vitamin B3: 0.63mg (3.14%), Iron: 0.55mg (3.05%), Vitamin A: 131.02IU (2.62%), Vitamin K: 1.71µg (1.63%), Zinc: 0.22mg (1.48%), Magnesium: 4.68mg (1.17%), Fiber: 0.29g (1.15%), Vitamin B12: 0.06µg (1.02%)