



Parmesan Biscuit Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons butter cold cut into small pieces
- ☐ 1 cup buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl

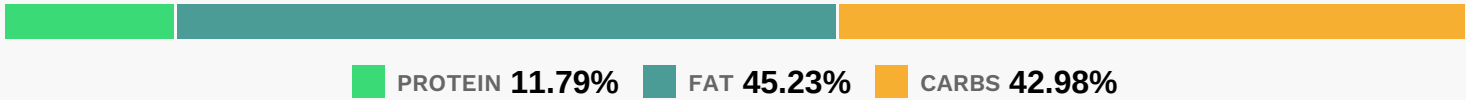
☐

blender

Directions

- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Cut in butter with a pastry blender or fork until mixture is crumbly. Stir in cheese.
- ☐ Add buttermilk, and stir until mixture is just moistened.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:9.21, Inflammation Score:-2, Nutrition Score:4.1413043556006%

Nutrients (% of daily need)

Calories: 130.92kcal (6.55%), Fat: 6.57g (10.11%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.62g (4.95%), Sugar: 1.51g (1.68%), Cholesterol: 18.21mg (6.07%), Sodium: 298.36mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Selenium: 7.92µg (11.31%), Calcium: 104.36mg (10.44%), Vitamin B1: 0.14mg (9.21%), Vitamin B2: 0.14mg (8.53%), Phosphorus: 81.01mg (8.1%), Folate: 30.5µg (7.63%), Manganese: 0.11mg (5.58%), Vitamin B3: 0.95mg (4.77%), Iron: 0.81mg (4.5%), Vitamin A: 216.74IU (4.33%), Vitamin B12: 0.2µg (3.39%), Vitamin D: 0.41µg (2.74%), Zinc: 0.41mg (2.73%), Magnesium: 8.14mg (2.03%), Vitamin B5: 0.2mg (2.02%), Potassium: 66.26mg (1.89%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.59%), Vitamin E: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.06%)