



Parmesan-Buttermilk Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter chilled cut into small pieces
- 6 ounces flour all-purpose
- 1 pinch ground pepper red
- 0.3 cup buttermilk low-fat divided
- 3 tablespoons parmesan cheese fresh grated
- 0.5 teaspoon salt
- 1.5 tablespoons sugar

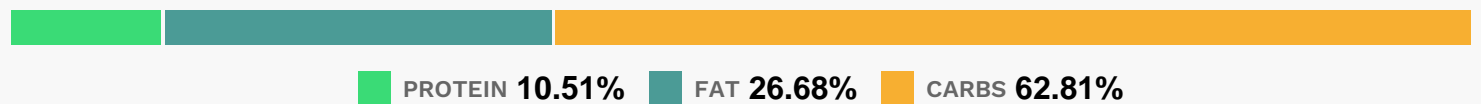
Equipment

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

Directions

- Preheat oven to 40
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (through red pepper) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add 1/3 cup buttermilk and Parmesan cheese, and stir just until moist.
- Turn the dough out onto a heavily floured surface; knead lightly 5 times.
- Roll dough to a 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- Place biscuits on a baking sheet coated with cooking spray.
- Brush with remaining 1 tablespoon buttermilk.
- Bake at 400 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:47.26, Glycemic Load:13.59, Inflammation Score:-2, Nutrition Score:4.0073913204605%

Nutrients (% of daily need)

Calories: 123.23kcal (6.16%), Fat: 3.65g (5.61%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.74g (6.81%), Sugar: 2.8g (3.11%), Cholesterol: 9.2mg (3.07%), Sodium: 319.15mg (13.88%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin B1: 0.17mg (11.42%), Selenium: 7.88µg (11.26%), Folate: 39.67µg (9.92%), Calcium: 97mg (9.7%), Manganese: 0.15mg (7.72%), Vitamin B2: 0.13mg (7.56%), Phosphorus: 67.76mg (6.78%), Vitamin B3: 1.27mg (6.35%), Iron: 1.13mg (6.26%), Fiber: 0.6g (2.38%), Vitamin A: 112.35IU (2.25%), Magnesium: 7.07mg (1.77%), Copper: 0.03mg (1.68%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.13mg (1.34%), Potassium: 41.77mg (1.19%)