



Parmesan Herb Biscuits

READY IN



25 min.

SERVINGS



12

CALORIES



163 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 1 tablespoon butter melted
- 2 cups flour all-purpose
- 0.3 cup parsley fresh chopped
- 3 tablespoons parmesan cheese grated
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1 cups whipping cream

Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Heat oven to 425F. In large bowl, mix flour, parsley, 2 tablespoons of the cheese, the sugar, baking powder, salt and basil.
- Add 3/4 cup of the whipping cream; stir with fork just until dry ingredients are moistened, adding additional whipping cream 1 tablespoon at a time, if necessary, to form a soft dough.
- On lightly floured work surface, gently roll dough in flour to coat. Knead lightly about 10 times or until dough forms a smooth ball. Pat dough into 1/2-inch-thick square.
- With knife, cut dough into 12 squares.
- Place about 1 inch apart on ungreased large cookie sheet.
- Brush with melted butter; sprinkle with remaining 1 tablespoon cheese.
- Bake 8 to 10 minutes or until light golden brown.
- Serve warm.

Nutrition Facts



PROTEIN 7.9% **FAT 47.73%** **CARBS 44.37%**

Properties

Glycemic Index:19.76, Glycemic Load:12.45, Inflammation Score:-5, Nutrition Score:4.9734782706136%

Flavonoids

Apigenin: 23.46mg, Apigenin: 23.46mg, Apigenin: 23.46mg, Apigenin: 23.46mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg

Nutrients (% of daily need)

Calories: 162.82kcal (8.14%), Fat: 8.68g (13.36%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 17.46g (6.35%), Sugar: 1.67g (1.86%), Cholesterol: 23.5mg (7.83%), Sodium: 243.91mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Selenium: 8.18µg (11.68%), Vitamin B1: 0.17mg (11.27%), Folate: 39.94µg (9.99%), Manganese: 0.19mg (9.74%), Vitamin B2: 0.16mg (9.27%), Calcium: 92.38mg (9.24%), Vitamin K: 7.8µg (7.43%), Vitamin A: 354.19IU (7.08%), Iron: 1.22mg (6.77%), Phosphorus: 66.38mg (6.64%), Vitamin B3: 1.3mg (6.48%), Fiber: 0.7g (2.81%), Magnesium: 8.8mg (2.2%), Vitamin D: 0.32µg (2.16%), Vitamin E: 0.28mg (1.89%), Copper: 0.04mg (1.85%), Zinc: 0.28mg (1.84%), Potassium: 58.14mg (1.66%), Vitamin B5: 0.15mg (1.52%), Vitamin B6: 0.02mg (1.1%)