



Parmesan Herb Biscuits

READY IN



25 min.

SERVINGS



12

CALORIES



163 kcal

DESSERT

Ingredients

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

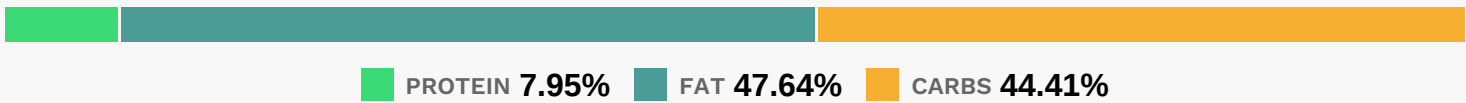
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 425°F. 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



Properties

Glycemic Index:19.76, Glycemic Load:12.45, Inflammation Score:-5, Nutrition Score:5.1773913424948%

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: 163.11kcal (8.16%), Fat: 8.69g (13.37%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.47g (6.35%), Sugar: 1.67g (1.86%), Cholesterol: 23.5mg (7.83%), Sodium: 244mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Selenium: 8.18µg (11.69%), Vitamin B1: 0.17mg (11.27%), Manganese: 0.21mg (10.35%), Folate: 40.33µg (10.08%), Calcium: 95.18mg (9.52%), Vitamin K: 9.94µg (9.47%), Vitamin B2: 0.16mg (9.36%), Iron: 1.33mg (7.39%), Vitamin A: 355.12IU (7.1%), Phosphorus: 66.72mg (6.67%), Vitamin B3: 1.3mg (6.51%), Fiber: 0.75g (3%), Magnesium: 9.69mg (2.42%), Vitamin D: 0.32µg (2.16%), Vitamin E: 0.3mg (1.98%), Copper: 0.04mg (1.98%), Zinc: 0.29mg (1.9%), Potassium: 61.42mg (1.75%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.02mg (1.18%)