



Parmesan-Parsley Biscuit Flatbreads

READY IN



15 min.

SERVINGS



8

CALORIES



244 kcal

Ingredients

- ☐ 16.3 oz biscuits refrigerated canned
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 pinch pepper freshly ground

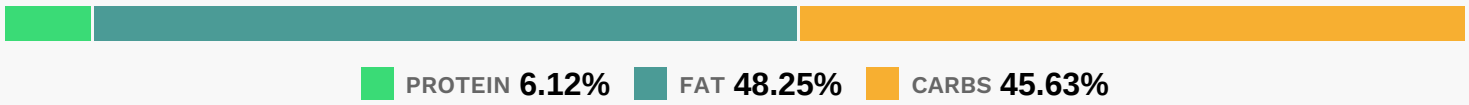
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Separate biscuits into individual rounds.
- ☐ Pour olive oil onto a baking sheet. Dip both sides of each biscuit round in oil, and arrange on baking sheet. Using fingertips, press each biscuit into a 4-inch free-form flat circle.
- ☐ Sprinkle each flattened biscuit with Parmesan cheese, parsley, kosher salt, and pepper.
- ☐ Bake at 400 for 10 to 12 minutes or until golden brown.
- ☐ Cut into strips.
- ☐ Rosemary-Garlic Biscuit Flatbreads: Omit the Parmesan cheese and parsley, and then prepare the recipe as directed.
- ☐ Sprinkle the biscuits evenly with 2 tsp. chopped fresh rosemary and 2 minced garlic cloves.
- ☐ For testing purposes only, we used Pillsbury Homestyle Buttermilk Grands! Refrigerated Biscuits.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:17.72, Inflammation Score:-2, Nutrition Score:6.2804347461332%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

Nutrients (% of daily need)

Calories: 244.44kcal (12.22%), Fat: 13.21g (20.32%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 27.35g (9.94%), Sugar: 2.01g (2.23%), Cholesterol: 1.12mg (0.37%), Sodium: 559.98mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Phosphorus: 252.37mg (25.24%), Vitamin B1: 0.25mg (16.46%), Selenium: 11.08µg (15.83%), Manganese: 0.23mg (11.43%), Iron: 1.93mg (10.73%), Folate: 40.49µg (10.12%), Vitamin B2: 0.17mg (10.05%), Vitamin B3: 1.94mg (9.68%), Vitamin E: 1.27mg (8.47%), Vitamin K: 4.71µg (4.49%), Potassium: 130.81mg (3.74%), Calcium: 33.94mg (3.39%), Fiber: 0.75g (3.02%), Magnesium: 10.07mg (2.52%), Copper: 0.05mg (2.42%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.09µg (1.49%), Vitamin B6: 0.03mg (1.39%)