



Parmesan-Pepper Biscuits

READY IN



45 min.

SERVINGS



14

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.8 cup buttermilk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt

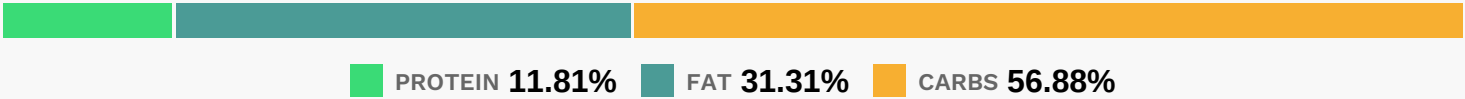
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, pepper, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Chill 10 minutes.
- ☐ Combine buttermilk and honey, stirring with a whisk until well blended; add cheese.
- ☐ Add buttermilk mixture to flour mixture; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times.
- ☐ Roll dough into a (1/2-inch-thick) 9 x 5inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds (as if folding a piece of paper to fit into an envelope). Re-roll dough into a (1/2-inch-thick) 9 x 5inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds; gently roll or pat to a 3/4-inch thickness.
- ☐ Cut dough with a 1 3/4-inch biscuit cutter to form 14 dough rounds.
- ☐ Place dough rounds, 1 inch apart, on a baking sheet lined with parchment paper.
- ☐ Bake at 400 for 13 minutes or until golden.
- ☐ Remove from pan; cool 2 minutes on wire racks.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.45, Glycemic Load:12.03, Inflammation Score:-2, Nutrition Score:3.6021738939959%

Nutrients (% of daily need)

Calories: 129.17kcal (6.46%), Fat: 4.51g (6.94%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.92g (6.51%), Sugar: 4.41g (4.9%), Cholesterol: 11.72mg (3.91%), Sodium: 261.94mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Selenium: 7.05µg (10.07%), Calcium: 96.18mg (9.62%), Vitamin B1: 0.14mg (9.47%), Folate: 33.2µg (8.3%), Manganese: 0.14mg (7.24%), Phosphorus: 64.42mg (6.44%), Vitamin B2: 0.1mg (6.18%), Iron: 0.97mg (5.42%), Vitamin B3: 1.07mg (5.37%), Vitamin A: 133.71IU (2.67%), Fiber: 0.53g (2.11%), Zinc: 0.25mg (1.68%), Magnesium: 6.32mg (1.58%), Copper: 0.03mg (1.53%), Vitamin B5: 0.11mg (1.06%)