

Parsley Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup parsley fresh minced
- ☐ 0.3 cup milk 1% low-fat
- ☐ 2 teaspoons milk 1% low-fat
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons stick margarine chilled cut into small pieces

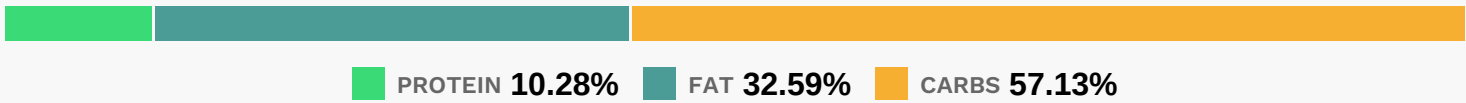
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine parsley, 1/3 cup milk, and yogurt, stirring with a whisk.
- ☐ Add to flour mixture; stir just until moist.
- ☐ Turn dough out onto a floured surface; knead lightly 3 times. Pat dough to a 3/4-inch thickness; cut with a (2-inch) biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray; brush with 2 teaspoons milk.
- ☐ Bake at 400 for 18 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:9.545217273028%

Flavonoids

Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 138.67kcal (6.93%), Fat: 5g (7.69%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 18.9g (6.87%), Sugar: 1.38g (1.53%), Cholesterol: 1.17mg (0.39%), Sodium: 265.72mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin K: 92.35µg (87.95%), Vitamin A: 699.13IU (13.98%), Vitamin B1: 0.2mg (13.35%), Folate: 52.84µg (13.21%), Selenium: 8.52µg (12.17%), Vitamin B2: 0.16mg (9.45%), Vitamin C: 7.57mg (9.18%), Manganese: 0.17mg (8.5%), Iron: 1.5mg (8.34%), Calcium: 75.06mg (7.51%), Vitamin B3: 1.48mg (7.41%), Phosphorus: 66.92mg (6.69%), Fiber: 0.82g (3.28%), Potassium: 100.21mg (2.86%), Magnesium: 11.34mg (2.83%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.23mg (2.3%), Copper: 0.04mg (2.19%), Vitamin B12: 0.13µg (2.17%), Vitamin E: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.38%)