



Pepper Biscuit Pull-Apart

READY IN



35 min.

SERVINGS



10

CALORIES



155 kcal

Ingredients

- ☐ 12 oz biscuits refrigerated golden layers® canned
- ☐ 0.3 teaspoon basil dried crushed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup bell pepper green chopped
- ☐ 4.5 teaspoons olive oil
- ☐ 0.3 teaspoon oregano dried crushed
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 oz mozzarella cheese shredded

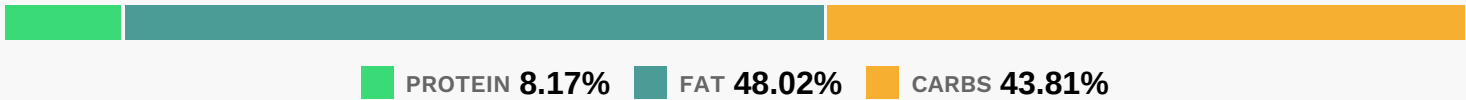
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400F. In small bowl, mix garlic powder, salt, basil and oregano.
- ☐ Separate dough into 10 biscuits.
- ☐ Place 1 biscuit in center of ungreased cookie sheet. Arrange remaining biscuits in circle, edges slightly overlapping, around center biscuit. Gently press out to form 10-inch round.
- ☐ Brush biscuits with oil. Top with bell peppers and cheeses.
- ☐ Sprinkle garlic powder mixture over top.
- ☐ Bake 12 to 15 minutes or until golden brown. To serve, pull apart warm biscuits.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:10.52, Inflammation Score:-3, Nutrition Score:4.9008695969115%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 154.66kcal (7.73%), Fat: 8.33g (12.81%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 16.47g (5.99%), Sugar: 1.47g (1.63%), Cholesterol: 3.26mg (1.09%), Sodium: 412.77mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Phosphorus: 165.43mg (16.54%), Selenium: 7.13µg (10.18%), Vitamin B1: 0.15mg (10.07%), Vitamin C: 7.77mg (9.41%), Manganese: 0.15mg (7.45%), Iron: 1.23mg (6.82%), Vitamin B2: 0.12mg (6.8%), Folate: 26.4µg (6.6%), Vitamin B3: 1.2mg (6.02%), Vitamin E: 0.8mg (5.34%), Calcium: 44.93mg (4.49%), Vitamin K: 3.76µg (3.58%), Vitamin A: 159.1IU (3.18%), Potassium: 95.87mg (2.74%), Fiber: 0.62g (2.48%), Vitamin B12: 0.12µg (2.07%), Magnesium: 7.98mg (2%), Vitamin B6: 0.04mg (1.96%), Zinc: 0.29mg (1.95%), Copper: 0.03mg (1.66%), Vitamin B5: 0.13mg (1.27%)