

Pesto Biscuits

READY IN



27 min.

SERVINGS



10

CALORIES



195 kcal

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.3 cup basil pesto
- ☐ 0.5 cup milk
- ☐ 1 serving parmesan shredded finely

Equipment

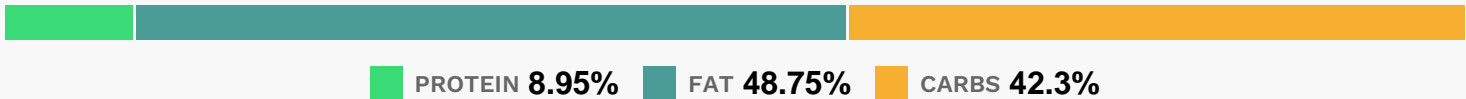
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 450°F.
- ☐ Mix flour, baking powder and salt in large bowl.
- ☐ Cut in shortening and pesto, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in just enough milk so dough leaves side of bowl and forms a ball.
- ☐ Place dough on lightly floured surface. Knead lightly 10 times.
- ☐ Roll or pat 1/2 inch thick.
- ☐ Cut with floured 2 1/2-inch cookie or biscuit cutter.
- ☐ Place about 1 inch apart on ungreased cookie sheet.
- ☐ Sprinkle with cheese.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:14.35, Inflammation Score:-3, Nutrition Score:5.2021739171899%

Nutrients (% of daily need)

Calories: 195.12kcal (9.76%), Fat: 10.54g (16.21%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 19.8g (7.2%), Sugar: 0.88g (0.97%), Cholesterol: 4mg (1.33%), Sodium: 471.19mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Vitamin B1: 0.21mg (13.71%), Calcium: 134.98mg (13.5%), Selenium: 9.38µg (13.41%), Folate: 45.96µg (11.49%), Vitamin B2: 0.15mg (8.84%), Phosphorus: 86.43mg (8.64%), Manganese: 0.17mg (8.62%), Iron: 1.36mg (7.55%), Vitamin B3: 1.5mg (7.48%), Vitamin K: 3.8µg (3.62%), Vitamin A: 168.19IU (3.36%), Fiber: 0.78g (3.11%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.22mg (2.15%), Magnesium: 8.61mg (2.15%), Zinc: 0.31mg (2.05%), Copper: 0.04mg (1.87%), Vitamin B12: 0.1µg (1.7%), Potassium: 48.1mg (1.37%), Vitamin B6: 0.02mg (1.06%)