



## Pesto Biscuits

READY IN



27 min.

SERVINGS



10

CALORIES



301 kcal

### Ingredients

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

### Equipment

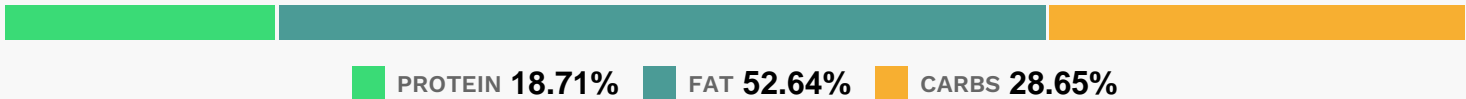
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Heat oven to 450F.
- ☐ 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:14.58, Inflammation Score:-4, Nutrition Score:9.1391304109408%

## Nutrients (% of daily need)

Calories: 300.96kcal (15.05%), Fat: 17.51g (26.94%), Saturated Fat: 7.29g (45.59%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.67g (7.51%), Sugar: 1.09g (1.21%), Cholesterol: 22.36mg (7.45%), Sodium: 903.73mg (39.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Calcium: 454.66mg (45.47%), Phosphorus: 273.81mg (27.38%), Selenium: 15.46µg (22.09%), Vitamin B1: 0.22mg (14.41%), Vitamin B2: 0.24mg (14.11%), Folate: 47.85µg (11.96%), Manganese: 0.18mg (8.89%), Iron: 1.58mg (8.78%), Vitamin B3: 1.57mg (7.85%), Vitamin A: 379.06IU (7.58%), Vitamin B12: 0.43µg (7.1%), Zinc: 1.05mg (7%), Magnesium: 20.49mg (5.12%), Vitamin K: 4.26µg (4.05%), Vitamin E: 0.51mg (3.37%), Vitamin B5: 0.34mg (3.37%), Fiber: 0.78g (3.11%), Copper: 0.05mg (2.3%), Vitamin B6: 0.05mg (2.29%), Potassium: 72.94mg (2.08%), Vitamin D: 0.28µg (1.89%)