

SIDE DISH

Poppy-Onion Loaf

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.56	372 kcal

Poppy-Onion Loaf is a side dish that serves 8. For 56 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 6g of protein, 20g of fat, and a total of 372 calories. 1 person has tried and liked this recipe.

Ingredients

- ☐ ¼ cup butter, melted
- ☐ 24 ounce refrigerated buttermilk biscuits
canned
- ☐ 2 tablespoons minced dried onion
- ☐ 1 tablespoon poppy seeds

EQUIPMENT Frying pan, Oven

Method

- 1

Stir together melted butter, dried onion, and poppy seeds.
- 2

Separate biscuits, and dip each biscuit in butter mixture, turning to coat. Arrange biscuits, standing on edge, in a 9- x 5-inch loafpan, arranging in 2 rows.
- 3

Brush with remaining butter mixture.
- 4

Bake at 350 for 25 to 30 minutes or until golden. Cool in pan 10 minutes.

Nutrition per serving

372

KCAL

6 g

PROTEIN

20 g

FAT

43 g

CARBS

Saturated Fat	5.8 g · 36% of daily needs
Fibre	1.4 g · 6% of daily needs
Sugar	3.5 g · 4% of daily needs
Sodium	847 mg · 37% of daily needs
Cholesterol	16.1 mg · 5% of daily needs
Vitamin C	1 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/poppy-onion-loaf-147457