



Prosciutto Parmesan Biscuits

READY IN



25 min.

SERVINGS



12

CALORIES



412 kcal

Ingredients

- ☐ 2.3 cups baking mix (recommended: Bisquick)
- ☐ 0.5 teaspoon pepper black
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 12 servings olive oil extra-virgin
- ☐ 12 servings parmesan grated
- ☐ 3 ounces pancetta finely chopped

Equipment

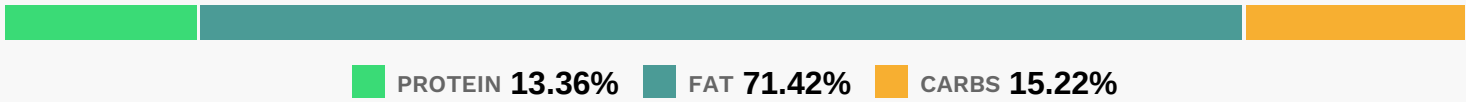
- ☐ baking sheet
- ☐ oven

☐ mixing bowl

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ In a large mixing bowl, combine baking mix, prosciutto, cream and black pepper; stir until just combined.
- ☐ Knead dough 10 times on lightly floured surface and form into ball.
- ☐ Roll dough out into 1/2-inch thick.
- ☐ Cut with a 2 1/4-inch round cutter, pressing straight down; do not twist cutter.
- ☐ Place biscuits on ungreased baking sheet. Lightly brush tops with oil and sprinkle with grated Parmesan.
- ☐ Bake for 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:9.2408693951109%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 412.38kcal (20.62%), Fat: 32.8g (50.47%), Saturated Fat: 11.73g (73.32%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 15.23g (5.54%), Sugar: 3.25g (3.61%), Cholesterol: 40.47mg (13.49%), Sodium: 818.49mg (35.59%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.8g (27.61%), Calcium: 405.07mg (40.51%), Phosphorus: 357.83mg (35.78%), Vitamin E: 2.26mg (15.09%), Selenium: 10.26µg (14.66%), Vitamin B2: 0.23mg (13.45%), Vitamin B1: 0.16mg (10.89%), Vitamin K: 10.96µg (10.44%), Vitamin A: 432.64IU (8.65%), Vitamin B12: 0.5µg (8.41%), Folate: 30.77µg (7.69%), Zinc: 1.08mg (7.18%), Vitamin B3: 1.4mg (6.99%), Iron: 1mg (5.54%), Magnesium: 20.74mg (5.19%), Manganese: 0.09mg (4.7%), Vitamin B5: 0.41mg (4.09%), Vitamin B6: 0.07mg (3.41%), Potassium: 92.12mg (2.63%), Vitamin D: 0.39µg (2.6%), Copper: 0.05mg (2.49%), Fiber: 0.49g (1.97%)