



Pumpkin-Parmesan Biscuits

READY IN



50 min.

SERVINGS



16

CALORIES



129 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 stick butter unsalted diced cold melted for brushing
- 0.5 cup pumpkin pure canned
- 2 cups flour for dusting all-purpose plus more
- 0.3 cup heavy cream
- 1 teaspoon kosher salt
- 0.3 teaspoon nutmeg freshly grated
- 2 tablespoons parmesan cheese finely grated
- 1 tablespoon sugar

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- rolling pin

Directions

- Preheat the oven to 400 degrees F; line a baking sheet with parchment paper.
- Whisk the flour, baking powder, sugar, salt and nutmeg in a large bowl.
- Whisk in 1 tablespoon parmesan.
- Add the diced butter and work it in with your fingertips until the mixture looks like coarse crumbs.
- Mix the pumpkin and cream in a small bowl and pour over the flour mixture.
- Mix with your hands or a fork to make a soft dough.
- Turn the dough out onto a lightly floured surface and roll out into a 3/4-inch-thick rectangle using a floured rolling pin.
- Cut out biscuits using a 2-inch-round cutter and arrange about 2 inches apart on the prepared baking sheet.
- Brush the tops with melted butter and sprinkle with the remaining 1 tablespoon parmesan.
- Bake until golden, 15 to 20 minutes.
- Transfer the baking sheet to a rack and let the biscuits cool slightly before serving or cool completely and freeze (see Cook's Note).
- Photograph by Con Poulos

Nutrition Facts



PROTEIN 6.31% **FAT 51.5%** **CARBS 42.19%**

Properties

Glycemic Index:19.19, Glycemic Load:9.35, Inflammation Score:-7, Nutrition Score:4.3399999724782%

Nutrients (% of daily need)

Calories: 128.84kcal (6.44%), Fat: 7.43g (11.44%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.05g (4.74%), Sugar: 1.17g (1.3%), Cholesterol: 19.93mg (6.64%), Sodium: 238.27mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 1428.14IU (28.56%), Vitamin B1: 0.13mg (8.39%), Selenium: 5.74µg (8.19%), Folate: 29.93µg (7.48%), Manganese: 0.12mg (6.01%), Calcium: 58.23mg (5.82%), Vitamin B2: 0.09mg (5.47%), Iron: 0.92mg (5.14%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 43.87mg (4.39%), Fiber: 0.65g (2.61%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.9µg (1.81%), Copper: 0.03mg (1.65%), Magnesium: 6.08mg (1.52%), Vitamin B5: 0.12mg (1.18%), Vitamin D: 0.17µg (1.12%), Potassium: 39.17mg (1.12%), Zinc: 0.17mg (1.11%)