



Purple Basil Parmesan Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.7 cup purple basil fresh chopped
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 large eggs
- ☐ 0.7 cup milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 2 ounces parmigiano-reggiano cheese finely grated
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

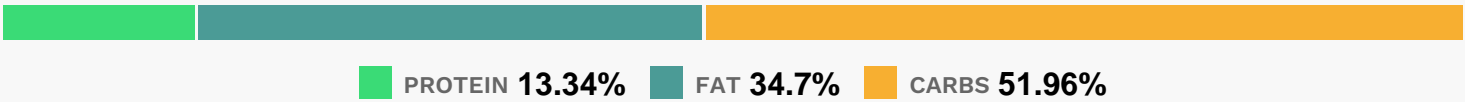
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a medium bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in basil and cheese.
- ☐ Combine milk and egg in a small bowl, stirring with a whisk.
- ☐ Add milk mixture to flour mixture; stir just until moist. Turn dough out onto a floured surface; pat to 1-inch-thick circle.
- ☐ Cut with a 2-inch biscuit cutter into 12 biscuits.
- ☐ Place biscuits on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 15 minutes.
- ☐ Remove from oven, and cool.

Nutrition Facts



Properties

Glycemic Index:34.78, Glycemic Load:13.51, Inflammation Score:-3, Nutrition Score:5.5034782070181%

Nutrients (% of daily need)

Calories: 147.56kcal (7.38%), Fat: 5.68g (8.74%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 18.56g (6.75%), Sugar: 2.8g (3.11%), Cholesterol: 29.29mg (9.76%), Sodium: 453.21mg (19.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Calcium: 161.35mg (16.13%), Selenium: 9.74µg (13.92%), Vitamin B1: 0.18mg (11.69%), Phosphorus: 109.2mg (10.92%), Folate: 41.73µg (10.43%), Vitamin B2: 0.16mg (9.32%), Manganese: 0.16mg (8.03%), Iron: 1.27mg (7.06%), Vitamin B3: 1.28mg (6.38%), Vitamin K: 6.02µg (5.73%), Vitamin A: 275.68IU (5.51%), Vitamin B12: 0.18µg (3.01%), Zinc: 0.41mg (2.71%), Magnesium: 10.11mg (2.53%), Fiber: 0.59g (2.35%), Vitamin B5: 0.23mg (2.33%), Copper: 0.04mg (2.02%), Potassium: 60.53mg (1.73%), Vitamin D: 0.26µg (1.71%), Vitamin B6: 0.03mg (1.53%), Vitamin E: 0.19mg (1.25%)