



Quick n' Savory Dinner Biscuits

 Vegetarian

READY IN



16 min.

SERVINGS



5

CALORIES



148 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup buttermilk complete pancake & waffle mix hungry jack® Just Add Water
- ☐ 5 servings paprika
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon water

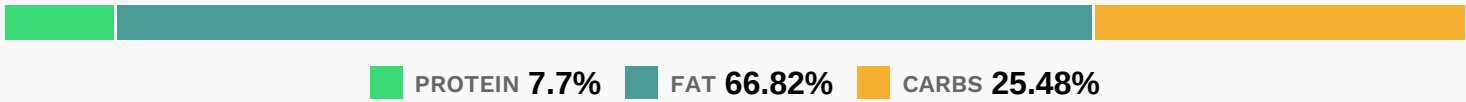
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ HEAT oven to 400F. Spray cookie sheet with no-stick cooking spray.
- ☐ MIX sour cream and water in medium bowl until well combined.
- ☐ Add pancake mix. Stir just until dry ingredients are moistened. Drop by rounded tablespoons onto prepared cookie sheet, making 8 biscuits.
- ☐ BAKE 9 to 11 minutes or until lightly browned.
- ☐ Brush with melted butter; sprinkle with paprika.
- ☐ Serve warm.
- ☐ VARIATION
- ☐ CHEDDAR GARLIC BISCUITS: ADD 2/3 cup shredded Cheddar cheese and 1 teaspoon minced garlic to dough before baking.
- ☐ BAKE at 425F for 8 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:4.7726087142592%

Nutrients (% of daily need)

Calories: 148.01kcal (7.4%), Fat: 11.26g (17.33%), Saturated Fat: 5.78g (36.1%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.47g (3.08%), Sugar: 0.99g (1.1%), Cholesterol: 44.07mg (14.69%), Sodium: 175.95mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin A: 1333.31IU (26.67%), Phosphorus: 106.48mg (10.65%), Vitamin B2: 0.15mg (8.59%), Calcium: 85.14mg (8.51%), Vitamin E: 0.8mg (5.33%), Selenium: 3.58µg (5.12%), Fiber: 1.19g (4.77%), Iron: 0.78mg (4.32%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.08mg (3.99%), Potassium: 127.43mg (3.64%), Manganese: 0.07mg (3.54%), Folate: 11.89µg (2.97%), Magnesium: 11.72mg (2.93%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.27mg (2.65%), Vitamin B12: 0.15µg (2.44%), Zinc: 0.36mg (2.42%), Vitamin K: 2.34µg (2.23%), Copper: 0.03mg (1.56%)