



Ramp and Buttermilk Biscuits with Cracked Coriander

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup buttermilk chilled
- ☐ 0.5 teaspoon coriander seeds
- ☐ 1 large eggs beaten to blend (for glaze)
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.8 cup ramps green trimmed thinly sliced (bulbs, stems, and tops)

- ☐ 0.8 teaspoon salt
- ☐ 6 tablespoons butter unsalted chilled cut into pieces ()

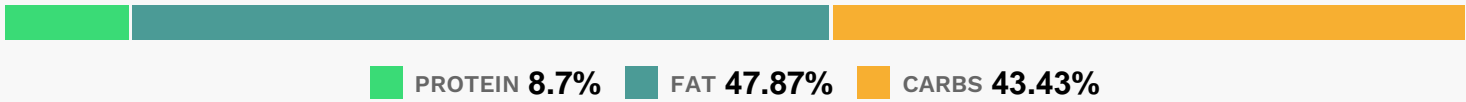
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Mix buttermilk and ramps in small bowl.
- ☐ Mix flour, baking powder, salt, and pepper in processor.
- ☐ Add chilled butter to processor; using on/off turns, cut in butter until fine meal forms.
- ☐ Transfer flour mixture to medium bowl.
- ☐ Add buttermilk mixture; stir until dough forms. Turn dough out onto lightly floured work surface and press out to 7-inch round, about 1/2 inch thick. Using 2-inch-diameter biscuit cutter dipped in flour, cut out rounds. Gather dough scraps; press out to 1/2-inch thickness and cut out additional rounds.
- ☐ Transfer dough rounds to baking sheet.
- ☐ Brush biscuit tops with some of egg glaze.
- ☐ Sprinkle with cracked coriander seeds.
- ☐ Bake biscuits until golden brown, about 20 minutes. Cool on rack.
- ☐ Serves lightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:9.03, Inflammation Score:-3, Nutrition Score:3.8165217560271%

Nutrients (% of daily need)

Calories: 126.42kcal (6.32%), Fat: 6.74g (10.37%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.17g (4.79%), Sugar: 0.98g (1.09%), Cholesterol: 32.2mg (10.73%), Sodium: 238.8mg (10.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Selenium: 7.23µg (10.32%), Vitamin B1: 0.13mg (8.8%), Folate: 31.52µg (7.88%), Vitamin B2: 0.12mg (7.34%), Calcium: 66.98mg (6.7%), Vitamin A: 316.97IU (6.34%), Manganese: 0.12mg (5.8%), Iron: 1.01mg (5.59%), Phosphorus: 54.57mg (5.46%), Vitamin B3: 0.94mg (4.72%), Vitamin D: 0.38µg (2.56%), Fiber: 0.59g (2.38%), Vitamin B5: 0.2mg (1.98%), Vitamin B12: 0.12µg (1.97%), Copper: 0.03mg (1.6%), Zinc: 0.23mg (1.54%), Magnesium: 6.11mg (1.53%), Vitamin E: 0.23mg (1.51%), Potassium: 46.17mg (1.32%)