



Ranch Biscuits

 Vegetarian

READY IN



5 min.

SERVINGS



60

CALORIES



37 kcal

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 0.3 cup milk
- ☐ 60 servings garnish: parsley sprigs fresh
- ☐ 8 oz carton ranch dip

Equipment

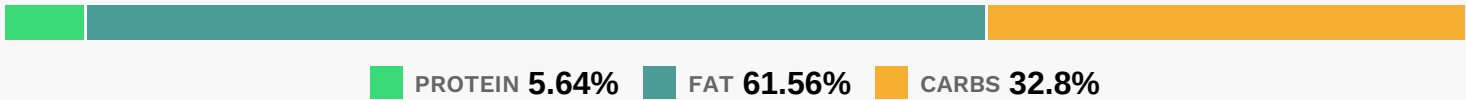
- ☐ baking sheet
- ☐ oven

☐ whisk

Directions

- ☐ Whisk together first 3 ingredients until smooth. Stir in baking mix until well blended. Divide dough into 12 equal portions, and arrange on a lightly greased baking sheet.
- ☐ Brush tops of dough with melted butter.
- ☐ Bake at 450 for 7 to 8 minutes or until lightly golden.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes, we used Bisquick All-Purpose Baking
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:4.5582609089172%

Flavonoids

Apigenin: 8.76mg, Apigenin: 8.76mg, Apigenin: 8.76mg, Apigenin: 8.76mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.12kcal (1.86%), Fat: 2.55g (3.93%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0.73g (0.81%), Cholesterol: 1.69mg (0.56%), Sodium: 89.26mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin K: 72.04µg (68.61%), Vitamin A: 351.65IU (7.03%), Vitamin C: 5.42mg (6.57%), Phosphorus: 33.87mg (3.39%), Folate: 11.34µg (2.83%), Iron: 0.37mg (2.08%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.03mg (1.54%), Calcium: 15.14mg (1.51%), Vitamin B3: 0.24mg (1.19%), Manganese: 0.02mg (1.09%)