



Rosemary-Garlic Biscuit Flatbreads

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



243 kcal

Ingredients

- ☐ 16.3 oz biscuits refrigerated canned
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 pinch pepper freshly ground

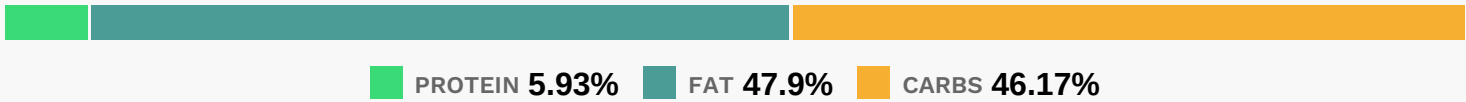
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Separate 1 (3-oz.) can refrigerated jumbo biscuits into individual rounds.
- ☐ Pour 2 Tbsp. olive oil onto a baking sheet. Dip both sides of each biscuit round in oil, and arrange on baking sheet. Using fingertips, press each biscuit into a 4-inch free-form flat circle.
- ☐ Sprinkle each flattened biscuit with rosemary, garlic, kosher salt, and freshly ground pepper.
- ☐ Bake at 400 for 10 to 12 minutes or until golden brown.
- ☐ Cut into strips.
- ☐ Note: For testing purposes only, we used Pillsbury Homestyle Buttermilk Grands! Refrigerated Biscuits.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:17.79, Inflammation Score:-2, Nutrition Score:6.2882608619073%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 242.95kcal (12.15%), Fat: 13.04g (20.06%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 27.5g (10%), Sugar: 2.02g (2.24%), Cholesterol: 0.58mg (0.19%), Sodium: 549.17mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Phosphorus: 249.56mg (24.96%), Vitamin B1: 0.25mg (16.54%), Selenium: 10.97µg (15.67%), Manganese: 0.24mg (12.04%), Iron: 1.94mg (10.79%), Folate: 40.49µg (10.12%), Vitamin B2: 0.17mg (9.97%), Vitamin B3: 1.94mg (9.71%), Vitamin E: 1.27mg (8.45%), Vitamin K: 4.51µg (4.29%), Potassium: 132.76mg (3.79%), Fiber: 0.77g (3.09%), Calcium: 29.83mg (2.98%), Copper: 0.05mg (2.52%), Magnesium: 10.05mg (2.51%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.83%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.08µg (1.35%)