



Sage, Garlic and Provolone Biscuits



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



82 kcal

Ingredients

- ☐ 1 cup buttermilk
- ☐ 0.8 teaspoon garlic powder
- ☐ 5 oz provolone cheese shredded
- ☐ 1.8 teaspoons sage dried
- ☐ 2.5 cups frangelico
- ☐ 2.5 cups frangelico

Equipment

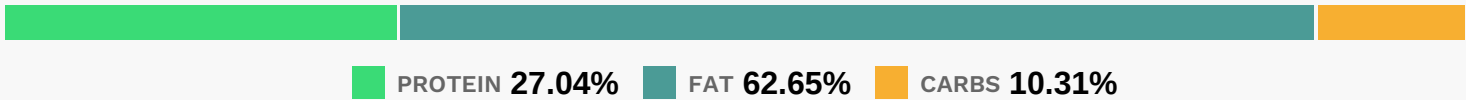
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 450F. Spray 8-inch square baking dish with cooking spray.
- ☐ In medium bowl, stir Bisquick mix, sage, garlic powder and 1 cup of the cheese until well blended.
- ☐ Add buttermilk; stir until soft dough forms.
- ☐ Place dough on surface sprinkled with Bisquick mix; knead 8 to 10 times. Press into baking dish.
- ☐ Cut into 4 squares, then cut each square diagonally into 2 triangles.
- ☐ Bake 8 to 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:6.1130433996087%

Nutrients (% of daily need)

Calories: 82.36kcal (4.12%), Fat: 5.73g (8.82%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.57g (1.74%), Cholesterol: 15.53mg (5.18%), Sodium: 160.5mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Copper: 1.34mg (66.99%), Calcium: 171.54mg (17.15%), Phosphorus: 114.71mg (11.47%), Vitamin B12: 0.4µg (6.61%), Vitamin B2: 0.11mg (6.44%), Selenium: 3.75µg (5.35%), Zinc: 0.7mg (4.69%), Vitamin A: 205.42IU (4.11%), Vitamin D: 0.48µg (3.19%), Manganese: 0.05mg (2.46%), Magnesium: 8.92mg (2.23%), Potassium: 70.17mg (2%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.33%)