

Savory Biscuit Bites

READY IN



15 min.

SERVINGS



15

CALORIES



148 kcal

Ingredients

- 12 ounces grands flaky refrigerator biscuits refrigerated
- 0.3 cup butter melted
- 1 tablespoon dehydrated onion dried minced
- 1.5 teaspoons parsley dried
- 2 tablespoons parmesan cheese grated

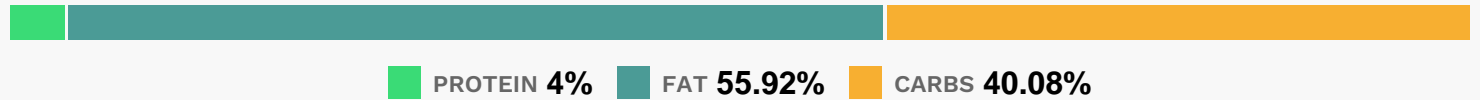
Equipment

- bowl
- oven
- baking pan

Directions

- In a small bowl, combine the butter, cheese, onion and parsley.
- Cut biscuits into quarters; roll in butter mixture.
- Place in a greased 15-in. x 10-in. x 1-in. baking pan; let stand for 25 minutes.
- Bake at 400° for 8 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:9.07, Inflammation Score:-1, Nutrition Score:2.181739103049%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.7kcal (7.38%), Fat: 9.2g (14.15%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 14.51g (5.28%), Sugar: 5.03g (5.59%), Cholesterol: 8.71mg (2.9%), Sodium: 116.17mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin B1: 0.08mg (5.47%), Manganese: 0.1mg (5.16%), Folate: 19.1µg (4.77%), Vitamin B2: 0.08mg (4.43%), Vitamin E: 0.65mg (4.31%), Iron: 0.69mg (3.82%), Vitamin B3: 0.75mg (3.75%), Vitamin K: 2.92µg (2.78%), Selenium: 1.7µg (2.42%), Vitamin A: 120.07IU (2.4%), Phosphorus: 21.16mg (2.12%), Fiber: 0.33g (1.31%), Copper: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.11%), Calcium: 10.72mg (1.07%)