

Scallion Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



104 kcal

Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups flour all-purpose
- 1 teaspoon salt
- 1 cup scallions chopped
- 6 tablespoons butter unsalted cold cut into 1/2-inch cubes
- 0.8 cup milk whole

Equipment

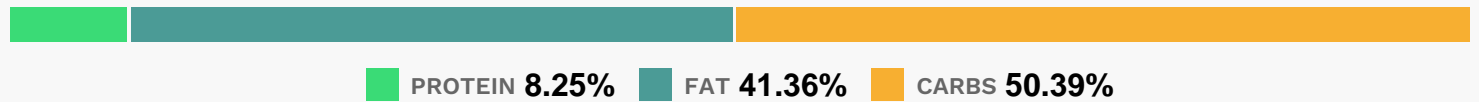
- baking sheet
- oven

whisk

Directions

- Put oven rack in middle position and preheat oven to 450°F.
- Whisk together flour, baking powder, and salt. Blend in butter with your fingertips until mixture resembles coarse meal.
- Add scallions and 3/4 cup milk and stir with a fork just until a dough forms.
- Turn out dough onto a lightly floured surface and knead 6 to 8 times, then pat into an 8-inch square (1/2 inch thick).
- Cut into 16 (2-inch) squares and transfer to a buttered baking sheet, about 1 1/2 inches apart.
- Brush with remaining tablespoon milk, then bake until golden, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:9.11, Inflammation Score:-3, Nutrition Score:3.9321739258973%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 103.78kcal (5.19%), Fat: 4.79g (7.37%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.54g (4.56%), Sugar: 0.74g (0.82%), Cholesterol: 12.66mg (4.22%), Sodium: 231.08mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin K: 13.39µg (12.75%), Vitamin B1: 0.13mg (8.85%), Folate: 32.75µg (8.19%), Selenium: 5.61µg (8.01%), Calcium: 66.33mg (6.63%), Manganese: 0.12mg (5.88%), Vitamin B2: 0.1mg (5.87%), Iron: 0.9mg (5.01%), Vitamin B3: 0.97mg (4.85%), Phosphorus: 48.43mg (4.84%), Vitamin A: 212.04IU (4.24%), Fiber: 0.59g (2.34%), Magnesium: 6.37mg (1.59%), Potassium: 52.56mg (1.5%), Copper: 0.03mg (1.44%), Vitamin C: 1.17mg (1.42%), Vitamin D: 0.2µg (1.36%), Zinc: 0.19mg (1.24%), Vitamin B5: 0.12mg (1.22%), Vitamin B12: 0.07µg (1.18%), Vitamin E: 0.17mg (1.14%)