



Seeded Cornmeal Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon baking soda
- ☐ 7 tablespoons butter chilled cut into small pieces
- ☐ 1 egg white lightly beaten
- ☐ 9 ounces flour all-purpose
- ☐ 2 cups buttermilk low-fat
- ☐ 2 teaspoons poppy seeds
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons sesame seed
- ☐ 0.3 cup sugar
- ☐ 9.5 ounces flour whole wheat
- ☐ 5 ounces whole-grain cornmeal stone-ground

Equipment

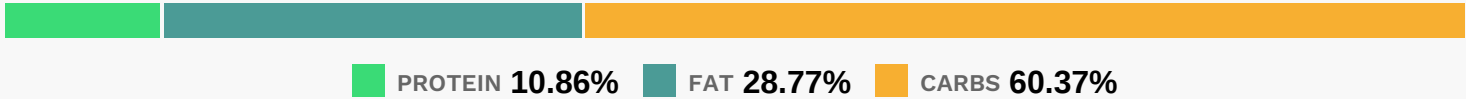
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Lightly spoon flours and cornmeal into dry measuring cups; level with a knife.
- ☐ Combine flours, cornmeal, sugar, baking soda, baking powder, and salt in a large bowl; stir with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface.
- ☐ Roll dough to a 3/4-inch thickness; cut with a 2 1/2-inch biscuit cutter into 18 biscuits. Gather remaining dough.
- ☐ Roll to a 3/4-inch thickness, and cut with a 2 1/2-inch biscuit cutter into 6 biscuits.
- ☐ Place 12 biscuits on a baking sheet coated with cooking spray.
- ☐ Brush tops of biscuits with half of egg white.

- ☐ Combine poppy seeds and sesame seeds in a small bowl, and sprinkle half of seed mixture evenly over biscuit tops.
- ☐ Bake at 450 for 10 minutes or until biscuits are golden; place on a wire rack. Repeat with remaining 12 biscuits, egg white, and seed mixture.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:7.37, Inflammation Score:-2, Nutrition Score:5.2791304743808%

Nutrients (% of daily need)

Calories: 125.15kcal (6.26%), Fat: 4.11g (6.32%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 17.83g (6.48%), Sugar: 3.13g (3.48%), Cholesterol: 9.58mg (3.19%), Sodium: 261.39mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Manganese: 0.55mg (27.53%), Selenium: 11.33µg (16.19%), Vitamin B1: 0.15mg (10.02%), Phosphorus: 77.39mg (7.74%), Folate: 25.93µg (6.48%), Vitamin B2: 0.11mg (6.46%), Fiber: 1.56g (6.23%), Vitamin B3: 1.21mg (6.04%), Iron: 0.98mg (5.43%), Magnesium: 21.63mg (5.41%), Calcium: 44.74mg (4.47%), Copper: 0.07mg (3.74%), Zinc: 0.49mg (3.25%), Vitamin B6: 0.06mg (2.96%), Potassium: 87.99mg (2.51%), Vitamin A: 112.47IU (2.25%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.2mg (1.3%)