



Sesame Biscuit Wedges



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



110 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons sesame seed
- ☐ 0.5 cup water
- ☐ 2 cups baking mix bisquick heart smart®

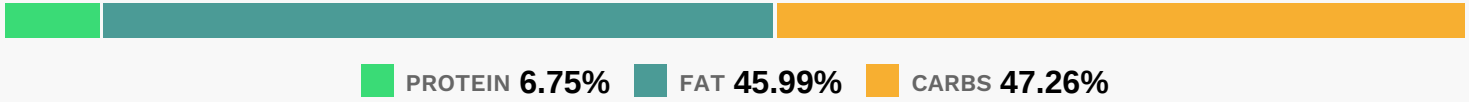
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 400F. Grease cookie sheet.
- ☐ In medium bowl, stir Bisquick mix and water with fork until soft dough forms. Pat dough into 10-inch circle on cookie sheet.
- ☐ Brush with margarine.
- ☐ Sprinkle with sesame seed; press firmly into dough with rubber spatula.
- ☐ Cut dough into 12 wedges.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.2456521787073%

Nutrients (% of daily need)

Calories: 110.02kcal (5.5%), Fat: 5.62g (8.65%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 12.42g (4.52%), Sugar: 2.33g (2.59%), Cholesterol: 0.4mg (0.13%), Sodium: 277.84mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Phosphorus: 125.92mg (12.59%), Vitamin B1: 0.13mg (8.39%), Folate: 26.32µg (6.58%), Vitamin B2: 0.09mg (5.39%), Manganese: 0.1mg (5.04%), Calcium: 49.8mg (4.98%), Vitamin B3: 0.97mg (4.85%), Copper: 0.09mg (4.34%), Iron: 0.75mg (4.16%), Selenium: 1.96µg (2.8%), Magnesium: 9.85mg (2.46%), Fiber: 0.58g (2.31%), Vitamin B5: 0.18mg (1.79%), Vitamin A: 84.38IU (1.69%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.08µg (1.34%), Vitamin B6: 0.03mg (1.3%), Vitamin K: 1.3µg (1.24%), Potassium: 39.82mg (1.14%)