



Sour Cream Biscuit Sticks

READY IN



25 min.

SERVINGS



12

CALORIES



209 kcal

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.3 cups cream sour
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup sesame seed

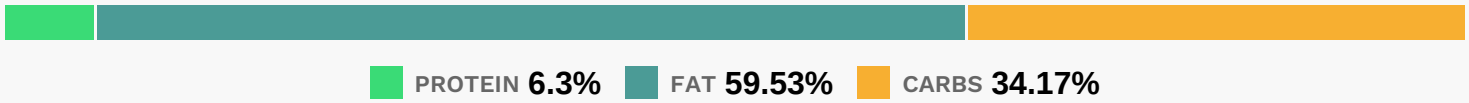
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 450°.
- ☐ Mix flour, baking powder and salt in large bowl.
- ☐ Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in chives. Stir in sour cream until dough leaves side of bowl and forms a ball.
- ☐ Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times.
- ☐ Roll or pat into 12x8-inch rectangle.
- ☐ Cut rectangle crosswise into 12 strips, 8x1 inch. Twist each strip.
- ☐ Place about 1 inch apart on ungreased cookie sheet.
- ☐ Brush strips lightly with butter.
- ☐ Sprinkle with poppy seed.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:11.89, Inflammation Score:-4, Nutrition Score:5.7869565072267%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 208.97kcal (10.45%), Fat: 13.98g (21.51%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.11g (6.22%), Sugar: 0.89g (0.99%), Cholesterol: 14.14mg (4.71%), Sodium: 233.33mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin B1: 0.19mg (12.99%), Selenium: 9.03µg (12.9%), Calcium: 117.83mg (11.78%), Manganese: 0.22mg (11.19%), Folate: 43.14µg (10.79%), Vitamin B2: 0.15mg (8.96%), Iron: 1.56mg (8.67%), Phosphorus: 83.1mg (8.31%), Copper: 0.16mg (8.14%), Vitamin B3: 1.4mg (6.99%), Vitamin A: 254.77IU (5.1%), Magnesium: 18.5mg (4.63%), Vitamin K: 4.52µg (4.3%), Fiber: 0.95g (3.78%), Vitamin E: 0.53mg (3.56%), Zinc: 0.47mg (3.13%), Vitamin B6: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.16%), Potassium: 69.54mg (1.99%)