



## Sour Cream Biscuit Sticks

READY IN



25 min.

SERVINGS



12

CALORIES



209 kcal

### Ingredients

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

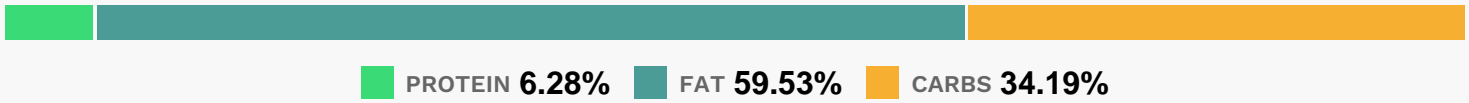
### Equipment

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

## Directions

- ☐ Heat oven to 45
- ☐ 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:16.83, Glycemic Load:11.88, Inflammation Score:-4, Nutrition Score:5.7256521401198%

## Nutrients (% of daily need)

Calories: 208.93kcal (10.45%), Fat: 13.98g (21.5%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.12g (6.22%), Sugar: 0.88g (0.98%), Cholesterol: 14.14mg (4.71%), Sodium: 233.34mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin B1: 0.19mg (12.98%), Selenium: 9.03µg (12.9%), Calcium: 117.64mg (11.76%), Manganese: 0.22mg (11.12%), Folate: 42.65µg (10.66%), Vitamin B2: 0.15mg (8.96%), Iron: 1.56mg (8.67%), Phosphorus: 82.98mg (8.3%), Copper: 0.16mg (8.11%), Vitamin B3: 1.4mg (6.98%),

Vitamin A: 255.77IU (5.12%), Magnesium: 18.5mg (4.63%), Fiber: 0.94g (3.77%), Vitamin E: 0.53mg (3.55%), Vitamin K: 3.45µg (3.29%), Zinc: 0.47mg (3.13%), Vitamin B6: 0.04mg (2.23%), Vitamin B5: 0.21mg (2.15%), Potassium: 69.05mg (1.97%)