



## Sun-Dried Tomato Semolina Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



141 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon basil dried
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup buttermilk low-fat
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup semolina flour yellow
- ☐ 0.3 cup stick margarine chilled cut into small pieces

- ☐ 1 tablespoon sugar
- ☐ 10 sun-dried tomatoes packed
- ☐ 2 cups water boiling

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Combine boiling water and sun-dried tomatoes in a bowl; let stand for 15 minutes.
- ☐ Drain and chop.
- ☐ Preheat oven to 42
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine all-purpose flour and next 7 ingredients (all-purpose flour through pepper) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. (Flour mixture and butter can also be combined in a food processor; pulse until mixture resembles coarse meal.)
- ☐ Add tomatoes and buttermilk; stir just until moist.
- ☐ Turn dough out onto a heavily floured surface; knead lightly 5 times.
- ☐ Roll dough to a 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 15 minutes or until golden.

## Nutrition Facts



 **PROTEIN 9.75%**  **FAT 29.57%**  **CARBS 60.68%**

Properties

Glycemic Index:30.63, Glycemic Load:13.99, Inflammation Score:-3, Nutrition Score:4.910434766956%

Nutrients (% of daily need)

Calories: 140.73kcal (7.04%), Fat: 4.64g (7.14%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.32g (7.39%), Sugar: 2.7g (3%), Cholesterol: 0.8mg (0.27%), Sodium: 324.41mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin B1: 0.19mg (12.65%), Selenium: 7.77µg (11.1%), Folate: 41.74µg (10.43%), Manganese: 0.2mg (10.2%), Vitamin B2: 0.15mg (8.73%), Iron: 1.36mg (7.57%), Vitamin B3: 1.48mg (7.42%), Phosphorus: 66.13mg (6.61%), Calcium: 62.43mg (6.24%), Fiber: 1.12g (4.49%), Vitamin A: 218.23IU (4.36%), Magnesium: 14.9mg (3.72%), Copper: 0.07mg (3.62%), Potassium: 125.58mg (3.59%), Zinc: 0.38mg (2.51%), Vitamin B6: 0.04mg (2.18%), Vitamin K: 2.27µg (2.16%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.21mg (1.39%), Vitamin C: 0.9mg (1.09%)