



Super Quick Biscuit Squares

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



276 kcal

Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups flour all-purpose
- 0.7 cup milk
- 1 teaspoon salt
- 0.3 cup vegetable oil

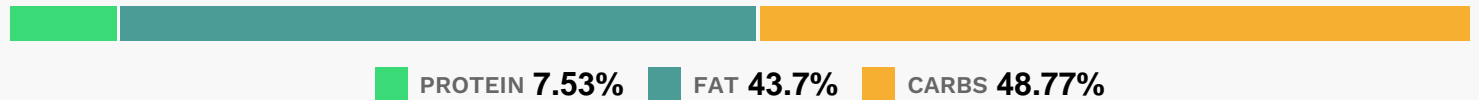
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- Combine flour, baking powder, and salt in a bowl. Stir milk and oil into flour mixture until just moistened. Gently knead until dough comes together, 8 to 10 times.
- Turn dough out onto a flat surface and roll to a 3/4-inch thick rectangle.
- Cut dough in half lengthwise and cut each half into thirds crosswise.
- Transfer each biscuit to the prepared baking sheet.
- Bake in preheated oven until gold brown, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:23.99, Inflammation Score:-3, Nutrition Score:8.579565157061%

Nutrients (% of daily need)

Calories: 276.06kcal (13.8%), Fat: 13.39g (20.6%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 32.49g (11.81%), Sugar: 1.42g (1.57%), Cholesterol: 3.25mg (1.08%), Sodium: 610.72mg (26.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Vitamin B1: 0.34mg (22.82%), Vitamin K: 22.48µg (21.41%), Selenium: 14.65µg (20.92%), Folate: 76.25µg (19.06%), Calcium: 157.36mg (15.74%), Manganese: 0.29mg (14.32%), Vitamin B2: 0.24mg (14.31%), Vitamin B3: 2.49mg (12.44%), Iron: 2.16mg (12%), Phosphorus: 116.2mg (11.62%), Vitamin E: 1.03mg (6.86%), Fiber: 1.13g (4.52%), Magnesium: 12.97mg (3.24%), Copper: 0.06mg (3.04%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.4mg (2.69%), Potassium: 85.73mg (2.45%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (1.99%), Vitamin B6: 0.03mg (1.74%)