



Whole-Grain Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 0.7 cup percent milk
- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup flour for dusting all-purpose plus more
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup butter unsalted
- ☐ 1 cup flour whole wheat white

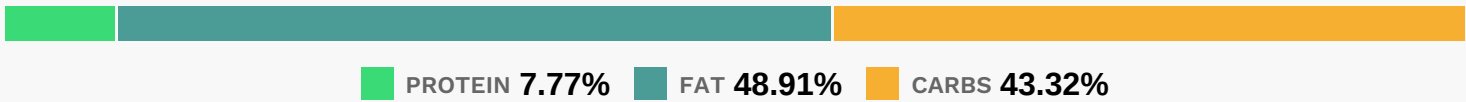
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pastry cutter

Directions

- ☐ Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
- ☐ Whisk together both flours, the baking powder, sugar, 1/2 teaspoon salt and 1/4 teaspoon pepper in a large bowl. Work in the butter using your fingers or a pastry cutter until the mixture resembles small peas.
- ☐ Add the milk and stir until just incorporated. Gently knead into a ball, and then pat into a 1-inch-thick rectangle.
- ☐ Cut into twenty-four 1 1/2-inch squares and place on the prepared baking sheet, leaving about 1 inch between each biscuit.
- ☐ Sprinkle an additional 1/4 teaspoon salt and pepper on top.
- ☐ Bake until golden brown, about 20 minutes. Cool on the baking sheet and serve warm.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:6.33, Inflammation Score:-2, Nutrition Score:3.0599999828669%

Nutrients (% of daily need)

Calories: 147.83kcal (7.39%), Fat: 8.2g (12.62%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.04g (5.47%), Sugar: 1.03g (1.15%), Cholesterol: 21.38mg (7.13%), Sodium: 148.77mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Calcium: 105.03mg (10.5%), Vitamin B1: 0.09mg (5.83%), Selenium: 3.96µg (5.66%), Phosphorus: 54.95mg (5.5%), Fiber: 1.31g (5.24%), Vitamin A: 250.28IU (5.01%), Folate: 20.02µg (5%), Iron: 0.88mg (4.88%), Vitamin B2: 0.08mg (4.66%), Manganese: 0.09mg (4.31%), Vitamin B3: 0.63mg (3.16%), Vitamin E: 0.23mg (1.54%), Vitamin B12: 0.09µg (1.43%), Potassium: 44.37mg (1.27%), Magnesium: 4.45mg (1.11%), Vitamin B5: 0.1mg (1.04%)