

Parmesan Chive Biscuits

Makes: 12 servings

Ingredients

2 cups biscuit mix

2/3 cup milk (2% or fat-free)

1/4 cup butter (melted)

3/4 cup Parmesan cheese (freshly grated)

8 tablespoons chives (finely chopped, fresh)

Directions

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

Source: University of Arkansas, Division of Agriculture, Cooperative Nutrition Education Program

Nutrition Information

Nutrients	Amount
Calories	127
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	9 mg
Sodium	341 mg
Total Carbohydrate	14 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	0 mcg
Calcium	114 mg
Iron	1 mg
Potassium	65 mg

N/A - data is not available

MyPlate Food Groups

 Grains	1 ounce
 Dairy	1/4 cup