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Basil Parmesan Squagel ••

The Basil Parmesan Squagel is a savory breakfast pastry that combines the flavors of a bagel and a scone. It is made with fresh basil and Parmesan cheese, giving it a delicious and aromatic taste. The Squagel is a popular choice for breakfast or brunch, and can be enjoyed on its own or with a variety of spreads and toppings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	All-Purpose Flour
2 tsp	baking powder
1 tsp	salt
100 g	Butter
50 g	Fresh Basil

100 g	Parmesan Cheese
1	egg
125 ml	milk

Directions

Step 1

Preheating

Preheat the oven to 200°C (400°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix together the flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the butter into small pieces and add it to the flour mixture. Use your fingers to rub the butter into the flour until the mixture resembles breadcrumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Chop the fresh basil and grate the Parmesan cheese. Add them to the flour mixture and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a separate bowl, whisk together the egg and milk. Pour the egg mixture into the flour mixture and stir until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Kneading

Turn the dough out onto a floured surface and knead it gently for a minute.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Shaping

Divide the dough into 10 equal portions and shape each portion into a round Squagel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Place the Squagels on a baking sheet lined with parchment paper. Bake in the preheated oven for 20-25 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 9

Cooling

Remove the Squagels from the oven and let them cool on a wire rack before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 6 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	150 mg	15%	15%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Oven

Difficulty Level

Medium

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