

7-Up Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



220 kcal

Ingredients

- ☐ 2 cups biscuit baking mix all-purpose
- ☐ 0.3 cup butter melted
- ☐ 1 cup lemon-lime soda
- ☐ 0.5 cup cup heavy whipping cream sour

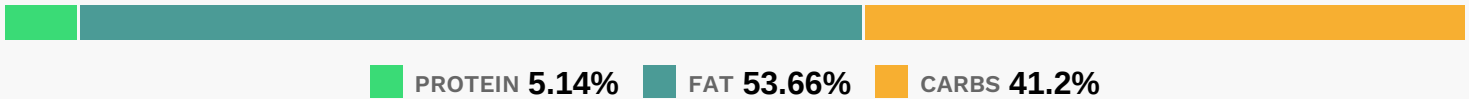
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease a large baking sheet.
- ☐ Whisk baking mix, lemon-lime soda, sour cream, and melted butter in a bowl until batter is smooth. Drop biscuits by large spoonful onto the prepared baking sheet.
- ☐ Bake in the preheated oven until biscuits are golden brown, 12 to 15 minutes.
- ☐ Let biscuits rest for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.5839130839576%

Nutrients (% of daily need)

Calories: 219.82kcal (10.99%), Fat: 13.16g (20.25%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 22.1g (8.04%), Sugar: 7g (7.77%), Cholesterol: 24.33mg (8.11%), Sodium: 435.82mg (18.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.43mg (1.48%), Protein: 2.84g (5.68%), Phosphorus: 188.13mg (18.81%), Vitamin B1: 0.18mg (11.72%), Folate: 38.58µg (9.64%), Vitamin B2: 0.16mg (9.27%), Calcium: 70.51mg (7.05%), Vitamin B3: 1.38mg (6.92%), Vitamin A: 268.03IU (5.36%), Manganese: 0.1mg (5.18%), Iron: 0.85mg (4.71%), Selenium: 2.85µg (4.08%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.16µg (2.65%), Vitamin K: 2.66µg (2.54%), Fiber: 0.63g (2.52%), Copper: 0.05mg (2.44%), Magnesium: 9.37mg (2.34%), Potassium: 68.87mg (1.97%), Vitamin E: 0.26mg (1.72%), Zinc: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.45%)