



## Asiago-Black Pepper Drop Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

### Ingredients

- ☐ 2 ounces asiago cheese fresh grated
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 tablespoons butter chilled cut into small pieces
- ☐ 0.8 cup buttermilk fat-free
- ☐ 5.5 ounces flour all-purpose
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.5 teaspoon salt

### Equipment

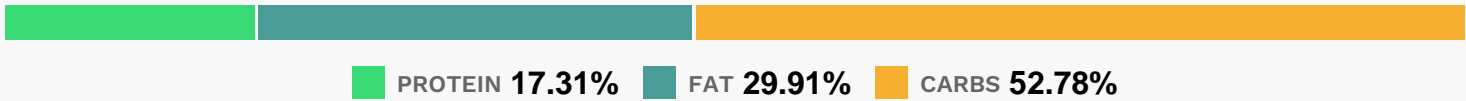
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 45
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, salt, and pepper in a medium bowl; stir well with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add cheese; toss well to combine.
- ☐ Add buttermilk; stir just until moist. Drop dough into 8 equal mounds on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 13 minutes or until edges are lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:10.96, Inflammation Score:-2, Nutrition Score:4.0626087026752%

## Nutrients (% of daily need)

Calories: 126.4kcal (6.32%), Fat: 4.15g (6.39%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 15.94g (5.8%), Sugar: 1.22g (1.36%), Cholesterol: 10.91mg (3.64%), Sodium: 349.57mg (15.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Calcium: 120.1mg (12.01%), Selenium: 8.23µg (11.76%), Vitamin B1: 0.16mg (10.4%), Folate: 36.25µg (9.06%), Phosphorus: 81.92mg (8.19%), Manganese: 0.14mg (7.14%), Vitamin B2: 0.12mg (7.11%), Vitamin B3: 1.17mg (5.86%), Iron: 1.03mg (5.7%), Vitamin A: 121.29IU (2.43%), Zinc: 0.33mg (2.23%), Fiber: 0.54g (2.17%), Magnesium: 7.7mg (1.93%), Copper: 0.03mg (1.57%), Vitamin B12: 0.09µg (1.49%), Vitamin B5: 0.12mg (1.21%)