



Beer-and-Cheese Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup cheddar cheese low-fat grated
- ☐ 12 oz beer dark such as guinness
- ☐ 4.5 cups flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon paprika
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup spring onion chopped

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7 tablespoons butter unsalted melted

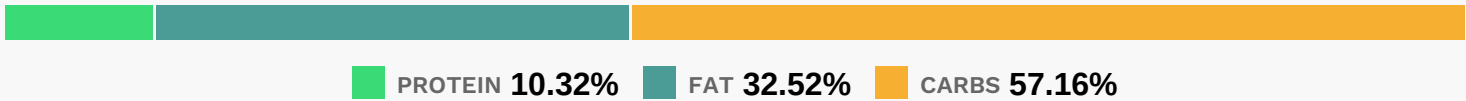
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350F. In a bowl, stir together flour, baking powder, baking soda and salt.
- ☐ Add scallions and Cheddar; mix well. Fold in butter and beer, mix until just combined.
- ☐ Turn dough out onto lightly floured work surface; pat down to 1-inch disk. Use a 3-inch round cutter to cut biscuits. Gather scraps, pat down again and cut remaining biscuits.
- ☐ Place biscuits on ungreased baking sheet.
- ☐ Brush biscuits with milk; sprinkle with paprika.
- ☐ Bake for 25 minutes, until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:26.76, Inflammation Score:-5, Nutrition Score:9.0295651969702%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 273.09kcal (13.65%), Fat: 9.54g (14.67%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 36.32g (13.21%), Sugar: 0.32g (0.35%), Cholesterol: 24.77mg (8.26%), Sodium: 573.55mg

(24.94%), Alcohol: 1.11g (100%), Alcohol %: 1.43% (100%), Protein: 6.81g (13.62%), Selenium: 18.2µg (26%), Vitamin B1: 0.38mg (25%), Folate: 91.9µg (22.97%), Manganese: 0.33mg (16.56%), Vitamin B2: 0.28mg (16.36%), Vitamin B3: 2.95mg (14.74%), Calcium: 143.22mg (14.32%), Iron: 2.41mg (13.41%), Phosphorus: 121.05mg (12.1%), Vitamin K: 9.54µg (9.09%), Vitamin A: 338.94IU (6.78%), Fiber: 1.39g (5.56%), Zinc: 0.62mg (4.14%), Magnesium: 15.51mg (3.88%), Copper: 0.08mg (3.83%), Vitamin B5: 0.26mg (2.64%), Potassium: 79.86mg (2.28%), Vitamin B6: 0.04mg (2.15%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.18µg (1.19%)