



Bisquick™ Heart Smart™ Cheese-Garlic Biscuits



Vegetarian

READY IN



20 min.

SERVINGS



5

CALORIES



73 kcal

Ingredients

- ☐ 1 cup pancake mix
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 1 oz cheddar cheese shredded reduced-fat
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 serving pam original flavor shopping list

Equipment

- ☐ bowl
- ☐ baking sheet

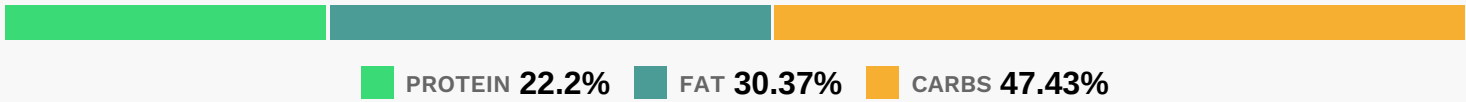
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 oven

Directions

- ☐ Heat oven to 450°F.
- ☐ In small bowl, stir Bisquick® mix, milk, cheese and garlic powder to make a soft dough. Drop dough by 5 spoonfuls onto ungreased cookie sheet.
- ☐ Bake about 8 minutes or until golden brown. Spray warm biscuits with cooking spray before removing from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:2.9808695262865%

Nutrients (% of daily need)

Calories: 72.7kcal (3.63%), Fat: 2.43g (3.74%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 8.03g (2.92%), Sugar: 0.86g (0.95%), Cholesterol: 20.14mg (6.71%), Sodium: 172.8mg (7.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Phosphorus: 126.92mg (12.69%), Calcium: 101.11mg (10.11%), Vitamin B2: 0.12mg (6.76%), Selenium: 3.73µg (5.33%), Vitamin B1: 0.06mg (4.18%), Vitamin B12: 0.21µg (3.52%), Folate: 10.38µg (2.6%), Zinc: 0.38mg (2.51%), Potassium: 84.55mg (2.42%), Vitamin A: 110.06IU (2.2%), Magnesium: 8.7mg (2.18%), Vitamin B6: 0.04mg (2.09%), Iron: 0.37mg (2.06%), Fiber: 0.51g (2.03%), Vitamin B5: 0.2mg (2.01%), Manganese: 0.04mg (1.93%), Vitamin B3: 0.34mg (1.72%), Vitamin D: 0.19µg (1.24%)