



Blue Cheese Biscuits

 Vegetarian

READY IN



28 min.

SERVINGS



10

CALORIES



257 kcal

Ingredients

- 4 ounce cheese blue crumbled
- 0.5 cup butter melted
- 2 cups self-rising flour
- 8 ounce cup heavy whipping cream sour

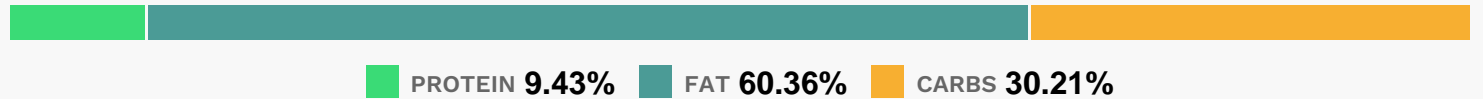
Equipment

- baking sheet
- oven

Directions

- Stir together all ingredients just until blended.
- Turn dough out onto a lightly floured surface. Pat dough to a 3/4-inch thickness; cut with a 2-inch round cutter.
- Place dough rounds on a lightly greased baking sheet.
- Bake at 425 for 15 to 18 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:11.82, Inflammation Score:-3, Nutrition Score:4.3308695710224%

Nutrients (% of daily need)

Calories: 256.56kcal (12.83%), Fat: 17.27g (26.58%), Saturated Fat: 10.31g (64.41%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 18.85g (6.86%), Sugar: 0.91g (1.02%), Cholesterol: 46.29mg (15.43%), Sodium: 210.92mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Selenium: 12.52µg (17.89%), Vitamin A: 511.95IU (10.24%), Manganese: 0.2mg (10.08%), Calcium: 89.25mg (8.93%), Phosphorus: 88.1mg (8.81%), Vitamin B2: 0.1mg (5.9%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.39mg (3.94%), Folate: 14.03µg (3.51%), Vitamin B12: 0.21µg (3.42%), Vitamin E: 0.48mg (3.19%), Magnesium: 11.35mg (2.84%), Copper: 0.05mg (2.71%), Potassium: 85.1mg (2.43%), Fiber: 0.6g (2.4%), Vitamin B3: 0.39mg (1.96%), Vitamin B1: 0.03mg (1.89%), Vitamin B6: 0.04mg (1.89%), Iron: 0.28mg (1.55%), Vitamin K: 1.48µg (1.41%)