



Blue Cheese Bites

READY IN



20 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce biscuit dough refrigerated
- ☐ 5 ounces cheese blue crumbled
- ☐ 0.5 cup butter melted

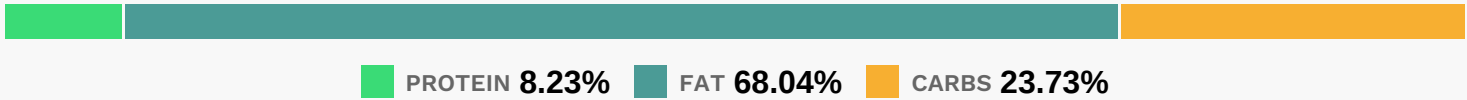
Equipment

- ☐ oven

Directions

- ☐
- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9-inch pie plate with non-stick cooking spray.
- ☐
- Slice each biscuit into quarters, arrange then in the prepared pie plate.
- ☐
- Pour melted butter over the biscuits, then sprinkle the biscuits with blue cheese.
- ☐
- Bake for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:8.79, Inflammation Score:-3, Nutrition Score:4.9108695608118%

Nutrients (% of daily need)

Calories: 234.89kcal (11.74%), Fat: 17.95g (27.62%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 13.72g (4.99%), Sugar: 1.06g (1.18%), Cholesterol: 35.32mg (11.77%), Sodium: 503.04mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Phosphorus: 179.48mg (17.95%), Selenium: 7.5µg (10.71%), Calcium: 91.46mg (9.15%), Vitamin B1: 0.13mg (8.38%), Vitamin B2: 0.14mg (8.28%), Vitamin A: 392.36IU (7.85%), Folate: 25.29µg (6.32%), Manganese: 0.11mg (5.62%), Vitamin B3: 1.1mg (5.5%), Iron: 0.98mg (5.45%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.23µg (3.87%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.34mg (3.43%), Potassium: 102.51mg (2.93%), Vitamin K: 2.3µg (2.19%), Magnesium: 8.31mg (2.08%), Vitamin B6: 0.04mg (1.86%), Fiber: 0.37g (1.47%), Copper: 0.03mg (1.46%)