



Buttermilk Cheddar Biscuits

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



342 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 12 tablespoons butter unsalted diced cold ()
- ☐ 0.5 cup buttermilk cold
- ☐ 1 cup cheddar extra-sharp grated
- ☐ 1 extra large eggs cold
- ☐ 1 eggs with 1 tablespoon water or milk beaten
- ☐ 2 cups flour all-purpose as needed plus more
- ☐ 1.5 teaspoons kosher salt
- ☐ 8 servings maldon sea salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Place 2 cups of flour, the baking powder, and salt in the bowl of an electric mixer fitted with the paddle attachment. With the mixer on low, add the butter and mix until the butter is the size of peas.
- ☐ Combine the buttermilk and egg in a small measuring cup and beat lightly with a fork. With the mixer still on low, quickly add the buttermilk mixture to the flour mixture and mix only until moistened. In a small bowl, mix the Cheddar with small handful of flour and, with the mixer still on low, add the cheese to the dough.
- ☐ Mix only until roughly combined.
- ☐ Dump out onto a well-floured board and knead lightly about 6 times.
- ☐ Roll the dough out to a rectangle 10 by 5 inches. With a sharp, floured knife, cut the dough lengthwise in half and then across in quarters, making 8 rough rectangles.
- ☐ Transfer to a sheet pan lined with parchment paper.
- ☐ Brush the tops with the egg wash, sprinkle with salt, if using, and bake for 20 to 25 minutes, until the tops are browned and the biscuits are cooked through.
- ☐ Serve hot or warm.

Nutrition Facts



 **PROTEIN 9.38%**  **FAT 61.04%**  **CARBS 29.58%**

Properties

Glycemic Index:28.13, Glycemic Load:17.95, Inflammation Score:-5, Nutrition Score:8.6573912216269%

Nutrients (% of daily need)

Calories: 342.05kcal (17.1%), Fat: 23.3g (35.85%), Saturated Fat: 14.05g (87.82%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 24.56g (8.93%), Sugar: 0.9g (1%), Cholesterol: 86.96mg (28.99%), Sodium: 909.95mg (39.56%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Selenium: 17.51µg (25.01%), Calcium: 219.37mg (21.94%), Vitamin B1: 0.26mg (17.35%), Vitamin B2: 0.28mg (16.56%), Phosphorus: 162.96mg (16.3%), Folate: 64.82µg (16.21%), Vitamin A: 728.87IU (14.58%), Manganese: 0.22mg (10.99%), Iron: 1.77mg (9.86%), Vitamin B3: 1.88mg (9.4%), Zinc: 0.91mg (6.04%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.73µg (4.9%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.38mg (3.83%), Magnesium: 13.9mg (3.47%), Fiber: 0.85g (3.39%), Copper: 0.06mg (3.14%), Potassium: 79.69mg (2.28%), Vitamin B6: 0.04mg (2.07%), Vitamin K: 1.97µg (1.88%)