

VEGETARIAN

Buttermilk Cheddar Biscuits

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	40 min	25 min	8	\$0.46	342 kcal



If you have around 1 hour and 5 minutes to spend in the kitchen, Buttermilk Cheddar Biscuits might be a tremendous lacto ovo vegetarian recipe to try. This recipe makes 8 servings with 342 calories, 8g of protein, and 23g of fat each.

Ingredients

- ☐ 1 tablespoon baking powder
- ☐ 12 tablespoons (1 1/2 sticks) cold unsalted butter, diced
- ☐ ½ cup cold buttermilk, shaken
- ☐ 1 cup grated extra-sharp Cheddar
- ☐ 1 extra large cold extra-large egg
- ☐ 1 egg, beaten with 1 tablespoon water or milk
- ☐ 2 cups all-purpose flour, plus more as needed
- ☐ 1½ teaspoons kosher salt
- ☐ 8 servings Maldon sea salt, optional

EQUIPMENT Bowl, Frying pan, Baking paper, Oven, Knife, Blender, Hand mixer, Measuring cup

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 425 degrees F.
- 3 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.
- 4 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.
- 5 Mix only until roughly combined.
- 6 Dump out onto a well-floured board and knead lightly about 6 times.
- 7 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.
- 8 Transfer to a sheet pan lined with parchment paper.
- 9 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.
- 10 Serve hot or warm.

Nutrition per serving

342

KCAL

8 g

PROTEIN

23 g

FAT

25 g

CARBS

Saturated Fat	14.1 g · 88% of daily needs
Fibre	0.9 g · 3% of daily needs
Sugar	0.9 g · 1% of daily needs
Sodium	910 mg · 40% of daily needs
Cholesterol	87 mg · 29% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/buttermilk-cheddar-biscuits-143457