



Canadian Tea Biscuits

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

292 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.5 cup cheddar cheese shredded

Equipment

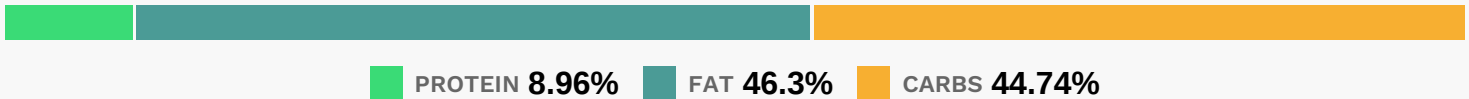
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Whisk together flour, baking powder, and salt in a bowl.
- ☐ Cut in shortening with a knife or pastry blender until the mixture resembles coarse crumbs. Stir Cheddar cheese and chives into flour mixture; gradually stir in milk to form a soft dough.
- ☐ Turn dough out onto a lightly floured surface and with floured hands, knead until smooth, about 15 times.
- ☐ Roll dough out to a 1-inch thickness with a floured rolling pin.
- ☐ Cut biscuits with a 2 1/2-inch round cookie cutter; place onto an ungreased baking sheet. Press dough trimmings together, roll out again, and cut remaining dough into rounds.
- ☐ Bake in the preheated oven until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:23.58, Inflammation Score:-4, Nutrition Score:8.3613043323807%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 292.12kcal (14.61%), Fat: 15.01g (23.09%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 31.47g (11.44%), Sugar: 0.16g (0.18%), Cholesterol: 9.42mg (3.14%), Sodium: 662.48mg (28.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Selenium: 16.8µg (24.01%), Vitamin B1: 0.33mg (22.19%), Folate: 79.28µg (19.82%), Calcium: 191.62mg (19.16%), Vitamin B2: 0.25mg (14.62%), Manganese: 0.29mg (14.5%), Phosphorus: 132.53mg (13.25%), Vitamin B3: 2.47mg (12.36%), Iron: 2.2mg (12.2%), Vitamin K: 8.54µg (8.13%), Vitamin E: 0.8mg (5.31%), Fiber: 1.15g (4.62%), Zinc: 0.64mg (4.29%), Copper: 0.07mg (3.26%), Magnesium: 12.68mg (3.17%), Vitamin B5: 0.3mg (3.02%), Vitamin A: 137.88IU (2.76%), Vitamin B12: 0.1µg (1.66%), Potassium: 55.27mg (1.58%), Vitamin B6: 0.03mg (1.32%)