



Cheddar and Chive Biscuits

 Vegetarian

READY IN



33 min.

SERVINGS



100

CALORIES



24 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons chives snipped
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup sharp cheddar cheese grated
- ☐ 2 tablespoons butter unsalted melted for brushing, optional
- ☐ 6 tablespoons butter unsalted cold cut into small pieces
- ☐ 1 cup milk whole cold

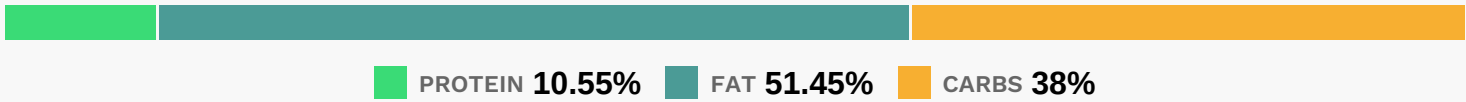
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 425F. Line 2 large baking sheets with parchment.
- ☐ In a large bowl, combine flour, salt and baking powder and mix well.
- ☐ Add cold butter, cheese and chives. Use a pastry blender, 2 knives or fingertips to mix in butter until mixture is crumbly, with a few pea-size pieces of butter or cheese remaining.
- ☐ Add milk and gently mix to moisten, no more than 10 seconds. Dough will be rough; do not overwork.
- ☐ Turn dough out onto a large floured work surface and knead gently into a ball, no more than 6 to 8 quick turns. Working quickly, roll dough out into a 1/2-inch-thick circle.
- ☐ Cut out small biscuits using a 1-inch cookie cutter. Gather scraps of dough, roll out again to 1/2-inch thickness and cut out more biscuits.
- ☐ Place biscuits about 1 inch apart on baking sheets. Lightly brush tops of biscuits with melted butter, if desired.
- ☐ Bake until lightly browned on top, 15 to 18 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:1.63, Inflammation Score:-1, Nutrition Score:0.71173913420542%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 24.42kcal (1.22%), Fat: 1.4g (2.15%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.13g (0.14%), Cholesterol: 3.83mg (1.28%), Sodium: 44.47mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Selenium: 1.33µg (1.9%), Calcium: 18.8mg (1.88%), Vitamin B1: 0.02mg (1.59%), Folate: 5.48µg (1.37%), Phosphorus: 13.61mg (1.36%), Vitamin B2: 0.02mg (1.33%)