



Cheddar and Green Onion Biscuit Poppers

 Gluten Free

READY IN



20 min.

SERVINGS



35

CALORIES



15 kcal

Ingredients

- 0.7 cup milk
- 2 ounces cheddar cheese shredded
- 0.3 cup spring onion sliced
- 2 tablespoons butter melted
- 2 cups frangelico

Equipment

- baking sheet
- oven

Directions

- Heat oven to 450°. Spray cookie sheet with cooking spray. Stir Bisquick mix, milk, cheese and onions until soft dough forms.
- Drop dough by rounded teaspoonfuls onto cookie sheet.
- Bake 7 to 9 minutes or until golden brown.
- Brush butter over warm biscuits.
- Serve with salsa if desired.

Nutrition Facts

PROTEIN 14.13% **FAT 77.74%** **CARBS 8.13%**

Properties

Glycemic Index:2.77, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.49043478816748%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 15.38kcal (0.77%), Fat: 1.34g (2.07%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.25g (0.27%), Cholesterol: 2.18mg (0.73%), Sodium: 20.02mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Calcium: 17.92mg (1.79%), Vitamin K: 1.53µg (1.46%), Phosphorus: 12.56mg (1.26%), Vitamin A: 59.5IU (1.19%)