



Cheddar and Green Onion Biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



149 kcal

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.3 cup spring onion sliced
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.8 cup buttermilk
- ☐ 3 tablespoons vegetable oil

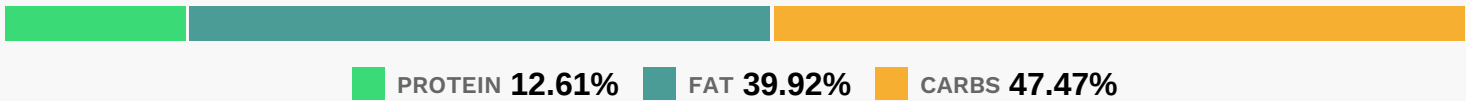
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°. Spray cookie sheet with cooking spray.
- ☐ Mix flour, baking powder, salt, baking soda and mustard in medium bowl. Stir in onions and cheese.
- ☐ Mix buttermilk and oil; stir into flour mixture until soft dough forms. Drop dough by 8 spoonfuls onto cookie sheet.
- ☐ Bake 9 to 11 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:12.08, Inflammation Score:-2, Nutrition Score:5.4021738923114%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 148.84kcal (7.44%), Fat: 6.57g (10.11%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 16.93g (6.16%), Sugar: 1.27g (1.41%), Cholesterol: 3.96mg (1.32%), Sodium: 326.97mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin K: 16.02µg (15.26%), Selenium: 9.07µg (12.96%), Vitamin B1: 0.18mg (11.81%), Folate: 42.13µg (10.53%), Calcium: 104.99mg (10.5%), Vitamin B2: 0.16mg (9.41%), Phosphorus: 94.03mg (9.4%), Manganese: 0.15mg (7.52%), Vitamin B3: 1.27mg (6.37%), Iron: 1.14mg (6.33%), Vitamin E: 0.47mg (3.13%), Fiber: 0.65g (2.61%), Zinc: 0.38mg (2.51%), Vitamin B12: 0.14µg (2.3%), Magnesium: 9.03mg (2.26%), Copper: 0.04mg (2.01%), Vitamin D: 0.3µg (2%), Vitamin B5: 0.19mg (1.93%), Potassium: 66.61mg (1.9%), Vitamin A: 82.97IU (1.66%), Vitamin B6: 0.02mg (1.13%)