



Cheddar and Jalapeño Biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



237 kcal

DESSERT

Ingredients

- 175 g flour all-purpose
- 45 g cornmeal fine
- 45 g sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 pinch ground pepper
- 6 ounces sharp cheddar cheese shredded divided packed () (1 1/4 cup and 1/4 cup)
- 2 tablespoons jalapeno fresh diced to taste (more or less)

- 200 ml cup heavy whipping cream for brushing

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 425°F (220°C).
- Whisk dry ingredients, add cheese and jalapeños: In a large bowl, whisk together the flour, polenta, salt, sugar, cayenne, and baking powder.
- Stir in 1 1/4 cups of the grated cheddar cheese and the diced jalapeños.
- Add the cream: Make a well in the center of the flour mixture.
- Pour the cream into the center of the well and your (clean) hands to gently bring together the ingredients.
- If you need to add a bit more cream then do so a tiny trickle at a time. You just want everything to get wet enough so that the dough will be sticky and clumpy.
- Knead the dough, just enough: Turn the dough out onto a surface lightly dusted with flour. Knead the dough just a few times – maybe only three or four pushes. You just want it to just come together. (Over-kneading will result in firmer, denser biscuits.)
- Cut out biscuit shapes: Form the dough into a disc about 3/4-inch to an inch thick. Use a biscuit cutter (or a small juice glass) to cut round biscuit shapes out of the disk.
- Combine the leftover dough and keep forming small round biscuit shapes until the dough is used up.
- Place on a silicone-lined or parchment lined baking sheet, with at least an inch or two between the biscuits.
- Brush the tops of the biscuits with a little more cream. Top the biscuits with a sprinkle of the remaining cheese.
- Bake at 425°F (220°C) for 11-12 minutes or until golden and the cheese is nicely melted.

Nutrition Facts

PROTEIN 11.41% FAT 50.88% CARBS 37.71%

Properties

Glycemic Index:39.66, Glycemic Load:15.11, Inflammation Score:-4, Nutrition Score:6.5513042418853%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 237.44kcal (11.87%), Fat: 13.51g (20.78%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.54g (7.83%), Sugar: 5.38g (5.97%), Cholesterol: 39.74mg (13.25%), Sodium: 318.42mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Calcium: 183.93mg (18.39%), Selenium: 11.66µg (16.66%), Phosphorus: 136.94mg (13.69%), Vitamin B2: 0.21mg (12.15%), Vitamin B1: 0.16mg (10.74%), Vitamin A: 502.69IU (10.05%), Folate: 38.75µg (9.69%), Manganese: 0.15mg (7.69%), Zinc: 0.94mg (6.27%), Iron: 1.09mg (6.08%), Vitamin B3: 1.21mg (6.03%), Vitamin C: 3.69mg (4.47%), Fiber: 0.98g (3.94%), Magnesium: 15.35mg (3.84%), Vitamin B12: 0.21µg (3.54%), Vitamin B6: 0.07mg (3.29%), Vitamin E: 0.45mg (3%), Vitamin D: 0.42µg (2.83%), Vitamin B5: 0.23mg (2.34%), Copper: 0.05mg (2.29%), Potassium: 73.34mg (2.1%), Vitamin K: 1.68µg (1.6%)