



Cheddar and Stilton Drop Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.3 cups buttermilk chilled
- ☐ 0.8 teaspoon cream of tartar
- ☐ 1 large eggs
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sharp cheddar cheese chilled packed grated ()
- ☐ 2 ounces coarsely stilton cheese chilled crumbled
- ☐ 2 tablespoons sugar

- ☐ 2.5 cups unbleached all purpose flour
- ☐ 7 tablespoons butter unsalted chilled cut into 1/2-inch pieces

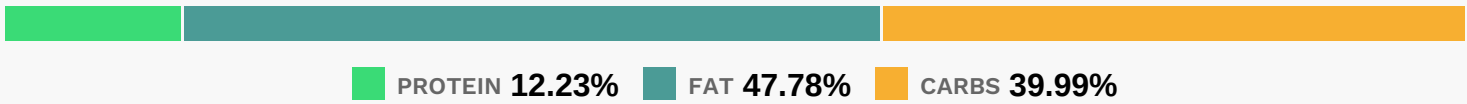
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Position 1 rack in bottom third and 1 rack in top third of oven and preheat to 400°F. Butter and flour 2 large baking sheets.
- ☐ Whisk first 5 ingredients in large bowl to blend well.
- ☐ Add butter and rub in with fingertips until mixture resembles coarse meal.
- ☐ Add both cheeses; rub in with fingertips until cheeses are reduced to small pieces. Blend buttermilk and egg in small bowl.
- ☐ Add to flour mixture, stirring just until dough is evenly moistened.
- ☐ Using 1/3 cup dough for each biscuit, drop 6 mounds onto each prepared sheet, spacing 2 to 3 inches apart.
- ☐ Bake biscuits 10 minutes. Reverse positions of sheets.
- ☐ Bake biscuits until golden brown and tester inserted into center comes out clean, about 10 minutes longer.
- ☐ Place biscuits in basket; serve warm.

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:7.2652173456938%

Nutrients (% of daily need)

Calories: 238.62kcal (11.93%), Fat: 12.67g (19.49%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 23.15g (8.42%), Sugar: 3.36g (3.73%), Cholesterol: 48.77mg (16.26%), Sodium: 352.52mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Selenium: 14.48µg (20.68%), Calcium: 187.33mg (18.73%), Vitamin B2: 0.25mg (14.91%), Vitamin B1: 0.22mg (14.82%), Phosphorus: 142.92mg (14.29%), Folate: 54.79µg (13.7%), Manganese: 0.18mg (9.11%), Vitamin B3: 1.62mg (8.1%), Iron: 1.44mg (7.99%), Vitamin A: 398.76IU (7.98%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.32µg (5.39%), Vitamin D: 0.61µg (4.07%), Vitamin B5: 0.4mg (4.03%), Potassium: 119.87mg (3.42%), Magnesium: 12.8mg (3.2%), Fiber: 0.71g (2.82%), Copper: 0.05mg (2.69%), Vitamin E: 0.39mg (2.62%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.08µg (1.03%)