



Cheddar-Bacon Drop Biscuits

READY IN



45 min.

SERVINGS



18

CALORIES



94 kcal

Ingredients

- 2 bacon crumbled cooked
- 0.5 teaspoon baking soda
- 3.5 tablespoons butter chilled cut into small pieces
- 2 cups flour all-purpose
- 0.3 teaspoon kosher salt
- 0.8 cup nonfat buttermilk
- 1.5 ounces sharp cheddar cheese shredded finely
- 0.3 cup water

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

Directions

- Preheat oven to 40
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and salt in a large bowl; stir with a whisk.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese and bacon.
- Add milk and 1/4 cup water, stirring just until moist. Drop dough by 2 level tablespoonfuls 1 inch apart onto a baking sheet coated with cooking spray.
- Bake at 400 for 11 minutes or until golden brown.
- Serve warm.

Nutrition Facts



PROTEIN 11.59% **FAT 39.98%** **CARBS 48.43%**

Properties

Glycemic Index:8.44, Glycemic Load:7.68, Inflammation Score:-1, Nutrition Score:2.4665217483821%

Nutrients (% of daily need)

Calories: 93.65kcal (4.68%), Fat: 4.12g (6.33%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.85g (3.94%), Sugar: 0.54g (0.6%), Cholesterol: 10.03mg (3.34%), Sodium: 121.35mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Selenium: 5.9µg (8.42%), Vitamin B1: 0.12mg (7.77%), Folate: 25.99µg (6.5%), Vitamin B2: 0.08mg (4.82%), Manganese: 0.1mg (4.77%), Vitamin B3: 0.92mg (4.6%), Iron: 0.66mg (3.66%), Phosphorus: 29.99mg (3%), Calcium: 20.96mg (2.1%), Vitamin A: 92.6IU (1.85%), Fiber: 0.38g (1.5%), Zinc: 0.22mg (1.44%), Copper: 0.02mg (1.12%), Magnesium: 4.07mg (1.02%)