



## Cheddar Biscuit Cups

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



186 kcal

### Ingredients

- 1 cup self raising flour
- 0.5 cup cheddar cheese shredded
- 0.5 cup milk 2%
- 2 tablespoons mayonnaise

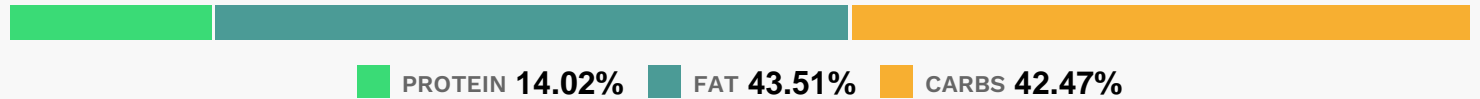
### Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a small bowl, combine flour and cheese. Stir in milk and mayonnaise just until moistened.
- Fill five greased muffin cups two-thirds full. Fill empty muffin cups halfway with water.
- Bake at 425&deg; for 17–20 minutes or until a toothpick inserted in the center comes out clean.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:28.8, Glycemic Load:11.84, Inflammation Score:-2, Nutrition Score:4.4973913299973%

## Nutrients (% of daily need)

Calories: 186.23kcal (9.31%), Fat: 8.91g (13.71%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.97g (6.9%), Sugar: 1.34g (1.49%), Cholesterol: 15.54mg (5.18%), Sodium: 121.05mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Selenium: 13.84µg (19.77%), Calcium: 112.41mg (11.24%), Manganese: 0.2mg (10.14%), Phosphorus: 98.89mg (9.89%), Vitamin K: 9.52µg (9.07%), Vitamin B2: 0.11mg (6.44%), Zinc: 0.75mg (4.99%), Vitamin B12: 0.25µg (4.19%), Folate: 12.08µg (3.02%), Magnesium: 11.95mg (2.99%), Vitamin A: 141.44IU (2.83%), Copper: 0.05mg (2.59%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.38mg (2.5%), Fiber: 0.6g (2.4%), Vitamin B1: 0.03mg (2.2%), Potassium: 67.86mg (1.94%), Iron: 0.26mg (1.44%), Vitamin B3: 0.28mg (1.39%), Vitamin B6: 0.03mg (1.32%)