



## Cheddar Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup buttermilk
- 6 oz coarsely cheddar shredded
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 4 tablespoons butter unsalted cold cut into small pieces

### Equipment

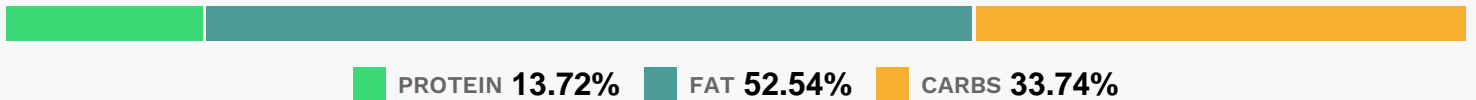
- baking sheet

- oven
- whisk
- mixing bowl
- blender

## Directions

- Preheat oven to 450F.
- Whisk together flour, baking powder, baking soda and salt in a mixing bowl. With a pastry blender or 2 knives, cut in cheese and butter until pieces resemble small peas.
- Make a well in center of flour mixture and add buttermilk. With a fork, toss gently until mixture is just moistened; dough will be very sticky. Do not over mix.
- Turn dough out onto a wellfloured work surface and knead very lightly once or twice with floured hands, sprinkling dough lightly with enough flour to keep it from sticking. Using floured hands, gently but firmly pat out dough 1/2 inch thick.
- Dip a 2-inch biscuit cutter into flour and cut out biscuits, dipping cutter into flour as necessary. Gather scraps and repeat.
- Transfer biscuits to an ungreased baking sheet and bake until golden brown, 12 to 15 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:14.06, Glycemic Load:6.96, Inflammation Score:-2, Nutrition Score:3.8260869306067%

## Nutrients (% of daily need)

Calories: 118.63kcal (5.93%), Fat: 6.94g (10.68%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.71g (3.53%), Sugar: 0.62g (0.69%), Cholesterol: 19.39mg (6.46%), Sodium: 294.83mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Calcium: 149.5mg (14.95%), Selenium: 7.43µg (10.62%), Phosphorus: 93.66mg (9.37%), Vitamin B2: 0.13mg (7.37%), Vitamin B1: 0.1mg (6.7%), Folate: 24.35µg (6.09%), Vitamin A: 212.55IU (4.25%), Manganese: 0.08mg (4.09%), Iron: 0.68mg (3.75%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.52mg (3.46%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.26µg (1.75%), Magnesium: 6.92mg (1.73%), Vitamin B5: 0.14mg (1.42%), Fiber: 0.32g (1.27%), Copper: 0.02mg (1.2%), Vitamin E: 0.18mg (1.17%),

Potassium: 36.97mg (1.06%)