



Cheddar Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



40

CALORIES



124 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 8 ounces butter unsalted frozen
- 2 cups buttermilk
- 1 cup cheddar cheese finely grated plus more for topping the biscuits
- 5 cups flour all-purpose
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground pepper

- 0.3 cup cup heavy whipping cream
- 1 tablespoon kosher salt

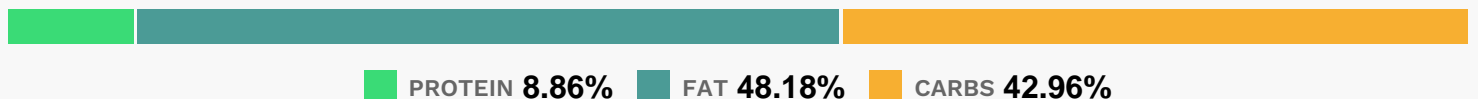
Equipment

- bowl
- baking sheet
- oven
- box grater

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Combine all dry ingredients in a large bowl. Grate frozen butter through the large holes of a box grater and toss grated butter with dry ingredients until butter is coated with flour. Rub butter and flour between your fingers until evenly mixed.
- Add buttermilk and grated cheddar cheese. Stir briefly until it forms a shaggy mass. Turn out onto a floured surface and knead very lightly until ingredients are evenly mixed.
- Roll out to about a 1/2- to 3/4-inch thickness and use a 2-inch biscuit cutter to cut rounds.
- Place on baking sheets. Reroll what's left of the dough. You should have about 40 biscuits. Discard any remaining bits of dough.
- Brush the tops of the biscuits with heavy cream.
- Place a pinch of grated cheddar on top of each biscuit.
- Bake until golden brown, rotating once, about 20 minutes. Note: We found that dipping your biscuit cutter in a small dish of flour as you cut really helps prevent the dough from sticking to it.

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:9.35, Inflammation Score:-2, Nutrition Score:3.3743478097831%

Nutrients (% of daily need)

Calories: 124.15kcal (6.21%), Fat: 6.65g (10.24%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.92g (4.7%), Sugar: 1.29g (1.43%), Cholesterol: 18.02mg (6.01%), Sodium: 276.6mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Selenium: 6.65µg (9.5%), Vitamin B1: 0.13mg (8.65%), Folate: 30.04µg (7.51%), Vitamin B2: 0.12mg (6.79%), Calcium: 62.11mg (6.21%), Manganese: 0.11mg (5.43%), Phosphorus: 51.07mg (5.11%), Vitamin B3: 0.94mg (4.7%), Vitamin A: 222.07IU (4.44%), Iron: 0.78mg (4.35%), Vitamin D: 0.28µg (1.88%), Zinc: 0.27mg (1.79%), Fiber: 0.43g (1.72%), Vitamin B12: 0.1µg (1.62%), Magnesium: 5.77mg (1.44%), Copper: 0.03mg (1.39%), Vitamin B5: 0.14mg (1.36%), Vitamin E: 0.19mg (1.28%), Potassium: 38.5mg (1.1%)