

Cheddar Biscuits

READY IN



35 min.

SERVINGS



8

CALORIES



224 kcal

Ingredients

- ☐ 2 cups biscuit baking mix
- ☐ 2 teaspoons parsley dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon garlic salt
- ☐ 2 tablespoons butter melted
- ☐ 0.7 cup milk
- ☐ 1 cup cheddar cheese shredded

Equipment

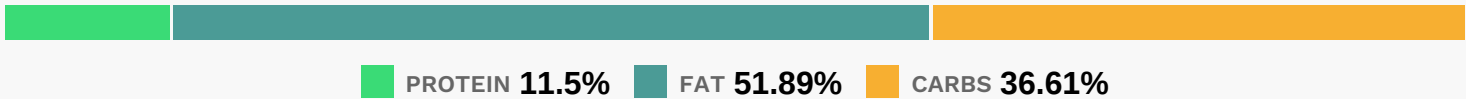
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Grease a cookie sheet, or line with parchment paper.
- ☐ In a large bowl, combine baking mix, Cheddar cheese, and garlic powder. Stir in milk. Drop batter by heaping tablespoonfuls onto prepared cookie sheet.
- ☐ Bake in preheated oven for 10 minutes.
- ☐ Brush biscuits with melted margarine, and sprinkle with parsley and garlic salt.
- ☐ Bake for 5 more minutes, or until lightly browned on the bottom.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:6.4843478060287%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 224.09kcal (11.2%), Fat: 12.89g (19.84%), Saturated Fat: 4.86g (30.41%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 19.81g (7.2%), Sugar: 4.53g (5.03%), Cholesterol: 17.17mg (5.72%), Sodium: 806.82mg (35.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.85%), Phosphorus: 262.42mg (26.24%), Calcium: 180.24mg (18.02%), Vitamin B2: 0.22mg (13.15%), Vitamin B1: 0.19mg (12.61%), Folate: 40.63µg (10.16%), Selenium: 6.68µg (9.55%), Vitamin B3: 1.4mg (6.98%), Vitamin B12: 0.38µg (6.33%), Vitamin A: 301.35IU (6.03%), Manganese: 0.11mg (5.46%), Zinc: 0.79mg (5.26%), Iron: 0.87mg (4.85%), Vitamin B5: 0.4mg (4.04%), Magnesium: 14.11mg (3.53%), Potassium: 94.71mg (2.71%), Copper: 0.05mg (2.62%), Fiber: 0.65g (2.61%), Vitamin K: 2.69µg (2.56%), Vitamin B6: 0.05mg (2.43%), Vitamin D: 0.31µg (2.06%), Vitamin E: 0.27mg (1.78%)