



Cheddar Biscuits and Gravy

READY IN



17 min.

SERVINGS



4

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 cups baking mix store-bought
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup cheddar grated
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 cup sawmill gravy leftover
- ☐ 0.8 cup milk

Equipment

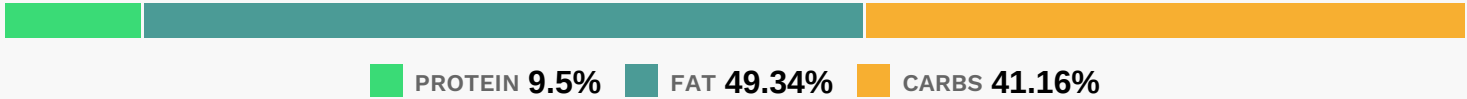
- ☐ baking sheet

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ stove

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ In a large mixing bowl, stir together the baking mix, melted butter and milk until just combined, then fold in the cheese. Drop the batter into 4 even mounds on a nonstick or parchment paper lined baking sheet.
- ☐ Bake until golden brown, about 10 to 12 minutes. In the meantime, warm the Sawmill Gravy in a small saucepan on the stove.
- ☐ To serve, split the biscuits in half and dress them with some gravy.
- ☐ Sprinkle with fresh parsley and serve hot.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:13.513043502103%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 485.11kcal (24.26%), Fat: 26.57g (40.87%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 48.35g (17.58%), Sugar: 11.41g (12.68%), Cholesterol: 48.31mg (16.1%), Sodium: 1341.26mg (58.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Phosphorus: 523.5mg (52.35%), Vitamin B1: 0.43mg (28.91%), Calcium: 285.34mg (28.53%), Vitamin B2: 0.44mg (25.64%), Folate: 92.3µg (23.08%), Vitamin K: 22.16µg (21.11%), Vitamin B3: 3.25mg (16.26%), Selenium: 10.22µg (14.6%), Manganese: 0.24mg (12.14%), Vitamin B12: 0.69µg (11.46%), Vitamin A: 565.08IU (11.3%), Iron: 2.03mg (11.25%), Vitamin B5: 0.86mg

(8.63%), Zinc: 1.15mg (7.64%), Magnesium: 27.51mg (6.88%), Fiber: 1.5g (6.01%), Potassium: 201.66mg (5.76%), Copper: 0.11mg (5.72%), Vitamin B6: 0.09mg (4.6%), Vitamin D: 0.59µg (3.92%), Vitamin E: 0.47mg (3.14%), Vitamin C: 1.54mg (1.87%)