



Cheddar-Black Pepper Biscuits

READY IN



45 min.

SERVINGS



18

CALORIES



86 kcal

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 egg white lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon coarsely ground pepper divided
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces cheddar cheese shredded extra-sharp
- ☐ 0.8 cup skim milk

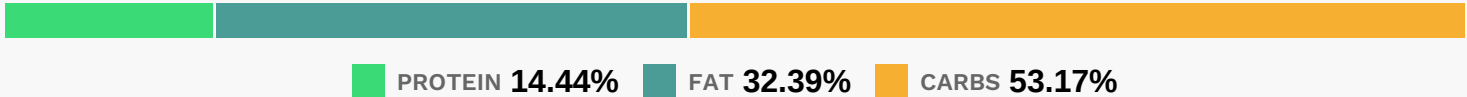
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Combine flour, baking powder, salt, and 1/4 teaspoon pepper in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add cheese; toss well.
- ☐ Add milk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a well-floured surface, and knead 4 or 5 times.
- ☐ Roll dough to 1/2-inch thickness; cut with a 2-inch decorative cookie cutter.
- ☐ Place biscuits 1 inch apart on baking sheets coated with cooking spray, and brush with egg white; sprinkle with remaining pepper.
- ☐ Bake at 425 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:7.96, Inflammation Score:-2, Nutrition Score:3.1195651934199%

Nutrients (% of daily need)

Calories: 86.3kcal (4.31%), Fat: 3.08g (4.74%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.98g (3.99%), Sugar: 0.58g (0.65%), Cholesterol: 5.03mg (1.68%), Sodium: 121.27mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Selenium: 6.59µg (9.41%), Vitamin B1: 0.12mg (7.76%), Calcium: 69.43mg (6.94%), Folate: 26.71µg (6.68%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 55.58mg (5.56%), Manganese: 0.1mg (5.14%), Vitamin B3: 0.84mg (4.19%), Iron: 0.7mg (3.87%), Vitamin A: 127.24IU (2.54%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.11µg (1.87%), Fiber: 0.39g (1.56%), Magnesium: 5.97mg (1.49%), Vitamin B5: 0.12mg (1.22%), Copper: 0.02mg (1.15%), Potassium: 39.77mg (1.14%)