

# Cheddar Buttermilk Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

## Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 cup butter cold cubed
- 0.8 cup buttermilk
- 0.3 teaspoon ground pepper
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup sharp cheddar cheese shredded
- 2 tablespoons sugar

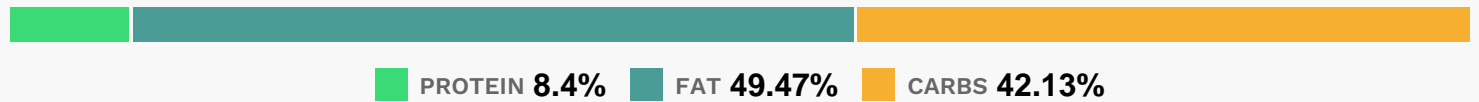
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, combine the flour, sugar, baking powder, salt and cayenne.
- Cut in butter until mixture resembles coarse crumbs.
- Add the cheese and toss. Stir in buttermilk just until moistened.
- Turn onto a lightly floured surface; knead 8–10 times. Pat or roll to 1 in. thickness; cut with a floured 2-1/2-in. biscuit cutter.
- Place 1 in. apart on an ungreased baking sheet.
- Bake at 425° for 15–18 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:47.14, Glycemic Load:20.25, Inflammation Score:-5, Nutrition Score:7.2717391173153%

## Nutrients (% of daily need)

Calories: 271.05kcal (13.55%), Fat: 14.98g (23.04%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.84g (10.12%), Sugar: 4.21g (4.68%), Cholesterol: 40.04mg (13.35%), Sodium: 519.06mg (22.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Calcium: 201.63mg (20.16%), Selenium: 13.59µg (19.42%), Vitamin B1: 0.26mg (17.26%), Folate: 60.29µg (15.07%), Vitamin B2: 0.23mg (13.54%), Phosphorus: 132.63mg (13.26%), Manganese: 0.22mg (10.83%), Vitamin A: 488.44IU (9.77%), Iron: 1.7mg (9.44%), Vitamin B3: 1.88mg (9.4%), Zinc: 0.58mg (3.86%), Fiber: 0.86g (3.46%), Vitamin B12: 0.2µg (3.37%), Magnesium: 11.95mg (2.99%), Vitamin E: 0.44mg (2.9%), Copper: 0.05mg (2.69%), Vitamin B5: 0.27mg (2.67%), Vitamin D: 0.33µg (2.23%), Potassium: 74.4mg (2.13%), Vitamin B6: 0.03mg (1.43%), Vitamin K: 1.37µg (1.31%)