



Cheddar Drop Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

Ingredients

- 2 cups baking mix low-fat reduced-fat (such as Bisquick)
- 0.5 teaspoon parsley flakes dried crushed
- 0.8 cup milk fat-free
- 0.3 teaspoon garlic powder
- 2 tablespoons butter melted reduced-calorie
- 2 ounces sharp cheddar cheese shredded reduced-fat

Equipment

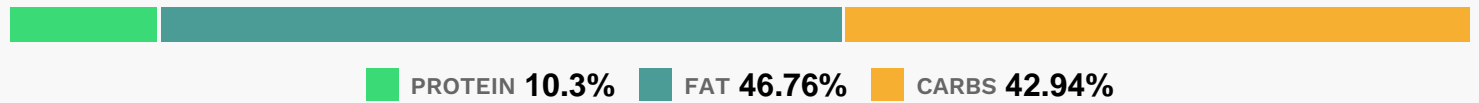
- bowl
- baking sheet

oven

Directions

- Preheat oven to 45
- Combine baking mix and cheese in a bowl; make a well in center of mixture.
- Add milk, stirring just until dry ingredients are moistened.
- Drop dough by rounded tablespoonfuls, 2 inches apart, onto a baking sheet coated with cooking spray.
- Bake at 450 for 8 to 10 minutes or until biscuits are golden.
- Combine margarine, garlic powder, and parsley flakes; brush over warm biscuits, and serve immediately.
- Tip: Low-fat baking mix is a handy item to keep in your pantry so that you can always whip up "homemade" biscuits and rolls for breakfast and supper.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:3.7913043797016%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 127.08kcal (6.35%), Fat: 6.58g (10.12%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 13.17g (4.79%), Sugar: 3.12g (3.47%), Cholesterol: 5.58mg (1.86%), Sodium: 314.44mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Phosphorus: 155.84mg (15.58%), Calcium: 90.21mg (9.02%), Vitamin B1: 0.13mg (8.36%), Vitamin B2: 0.13mg (7.61%), Folate: 26.36µg (6.59%), Vitamin B3: 0.93mg (4.65%), Selenium: 3.16µg (4.51%), Vitamin B12: 0.22µg (3.65%), Manganese: 0.07mg (3.5%), Vitamin A: 162.93IU (3.26%), Iron: 0.57mg (3.14%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.36mg (2.43%), Magnesium: 8.25mg (2.06%), Potassium: 63.65mg (1.82%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.65%), Vitamin B6: 0.03mg (1.43%), Vitamin K: 1.47µg (1.4%), Vitamin D: 0.2µg (1.31%)