



Cheddar Drop Biscuits

READY IN



20 min.

SERVINGS



12

CALORIES



127 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon parsley crushed
- ☐ 2 oz sharp cheddar cheese shredded reduced-fat
- ☐ 2 cups baking mix bisquick heart smart®

Equipment

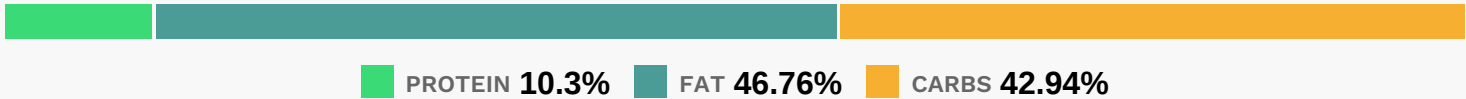
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 450F. Spray cookie sheet with cooking spray.
- ☐ In medium bowl, stir together Bisquick mix and cheese; make well in center of mixture.
- ☐ Add milk, stirring just until dry ingredients are moistened. Onto cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- ☐ Bake 8 to 10 minutes or until golden. In small bowl, mix butter, parsley flakes and garlic powder.
- ☐ Brush over warm biscuits; serve immediately.

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%)