



Cheddar Garlic Biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



15

CALORIES



117 kcal

Ingredients

- 2 cups baking mix
- 0.3 cup butter melted
- 0.5 teaspoon dehydrated onion dried minced
- 0.5 teaspoon garlic powder
- 0.7 cup milk 2%
- 0.5 cup cheddar cheese shredded

Equipment

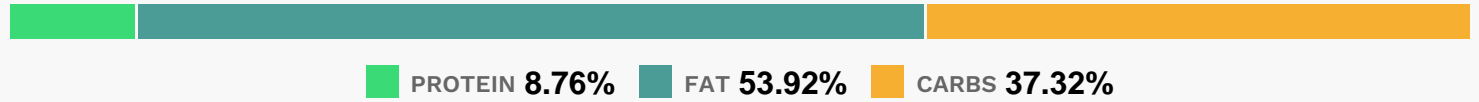
- bowl
- baking sheet

oven

Directions

- Preheat oven to 450°.
- Combine biscuit mix, cheese and onion in a large bowl. Stir in milk until a soft dough forms; stir 30 seconds.
- Drop by rounded tablespoonfuls 2 in. apart onto ungreased baking sheets.
- Bake 8–10 minutes or until golden brown.
- Combine butter and garlic powder; brush over biscuits.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.0317390982224%

Nutrients (% of daily need)

Calories: 117.12kcal (5.86%), Fat: 7.02g (10.8%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.58g (3.85%), Sugar: 2.47g (2.75%), Cholesterol: 13.06mg (4.35%), Sodium: 258.15mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Phosphorus: 122.32mg (12.23%), Calcium: 69.27mg (6.93%), Vitamin B1: 0.1mg (6.58%), Vitamin B2: 0.11mg (6.33%), Folate: 21.75µg (5.44%), Selenium: 2.6µg (3.71%), Vitamin B3: 0.74mg (3.71%), Manganese: 0.06mg (2.98%), Vitamin A: 143.66IU (2.87%), Vitamin B12: 0.16µg (2.74%), Iron: 0.46mg (2.56%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.29mg (1.96%), Magnesium: 6.47mg (1.62%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.39%), Potassium: 48.43mg (1.38%), Vitamin K: 1.42µg (1.36%), Vitamin B6: 0.02mg (1.16%)