



WHATSheATE



Cheddar-Jalapeño Biscuits

READY IN



15 min.

SERVINGS



15

CALORIES



133 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 3 oz cheddar cheese grated
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup jalapeno chopped (3 jalapeños)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening cold

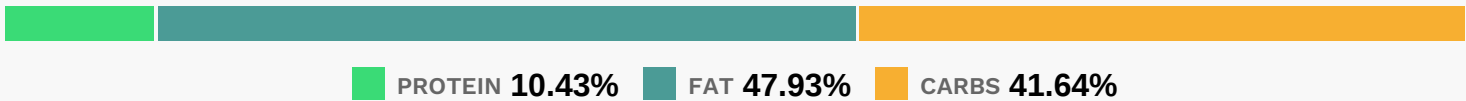
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Preheat oven to 45
- ☐ Sift together first 5 ingredients in a large mixing bowl.
- ☐ Cut shortening into flour mixture with a pastry blender until mixture resembles fine crumbs; stir in cheese and jalapeo.
- ☐ Add buttermilk, stirring until dry ingredients are moistened. Do not overmix.
- ☐ Turn dough out onto a lightly floured surface; knead 3 or 4 times. Pat or roll dough to 1/2-inch thickness; cut with a 2-inch round cutter, and place on an ungreased baking sheet. Gather dough scraps together, and repeat.
- ☐ Bake at 450 for 10 to 12 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:9.59, Inflammation Score:-2, Nutrition Score:4.179130450539%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 132.72kcal (6.64%), Fat: 7.06g (10.86%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 13.25g (4.82%), Sugar: 0.77g (0.86%), Cholesterol: 6.99mg (2.33%), Sodium: 298.34mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Selenium: 7.71µg (11.02%), Vitamin B1: 0.14mg

(9.35%), Calcium: 88.25mg (8.83%), Folate: 33.12µg (8.28%), Vitamin B2: 0.13mg (7.66%), Phosphorus: 66.68mg (6.67%), Manganese: 0.12mg (5.92%), Vitamin B3: 1.04mg (5.19%), Iron: 0.86mg (4.77%), Vitamin C: 3.57mg (4.33%), Vitamin K: 3.21µg (3.06%), Vitamin E: 0.45mg (3.02%), Zinc: 0.38mg (2.5%), Vitamin A: 115.89IU (2.32%), Fiber: 0.54g (2.16%), Vitamin B12: 0.12µg (1.92%), Vitamin B5: 0.18mg (1.82%), Magnesium: 7.02mg (1.76%), Copper: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.43%), Potassium: 46.31mg (1.32%), Vitamin D: 0.19µg (1.27%)