Cheddar Onion Drop Biscuits

READY IN	SERVINGS	CALORIES
25 min.	12	198 kcal

Ingredients

- [ ] 0.5 teaspoon double-acting baking powder
- [ ] 0.5 teaspoon baking soda
- [ ] 3 tablespoons butter
- [ ] 1 cup buttermilk 1%
- [ ] 1 tablespoon onion dried minced
- [ ] 2.3 cups flour all-purpose
- [ ] 0.5 cup parmesan cheese shredded
- [ ] 0.5 teaspoon salt
- [ ] 1.5 cups sharp cheddar cheese shredded

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] baking paper
- [ ] oven
- [ ] whisk

Directions

- [ ] Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper.
- [ ] Whisk the flour, baking powder, baking soda, and salt together in a bowl.
- [ ] Cut the butter into the flour mixture until the mixture resembles course crumbs. Stir the onion, Parmesan cheese, and Cheddar cheese into the flour mixture.
- [ ] Pour the buttermilk into the bowl; stir until evenly combined. Drop by 1/4-cupfuls onto prepared baking sheet, about 2 inches apart.
- [ ] Bake in the preheated oven until the tops of the biscuits are lightly browned, 12 to 15 minutes.
- [ ] Serve warm.

Nutrition Facts

PROTEIN **16.06%** FAT **43.89%** CARBS **40.05%**

Properties

Glycemic Index:25.17, Glycemic Load:13.41, Inflammation Score:-4, Nutrition Score:6.53260872675O2%

Nutrients (% of daily need)

Calories: 198.31kcal (9.92%), Fat: 9.61g (14.79%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 19.06g (6.93%), Sugar: 1.28g (1.42%), Cholesterol: 26.68mg (8.89%), Sodium: 363.35mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Selenium: 13.68µg (19.54%), Calcium: 187.48mg (18.75%), Phosphorus: 141.68mg (14.17%), Vitamin B1: 0.2mg (13.42%), Vitamin B2: 0.23mg (13.41%), Folate: 47.95µg (11.99%), Manganese: 0.17mg (8.45%), Vitamin B3: 1.43mg (7.13%), Iron: 1.18mg (6.54%), Zinc: 0.88mg (5.9%), Vitamin A: 294.61IU (5.89%), Vitamin B12: 0.3µg (4.96%), Magnesium: 13.3mg (3.33%), Fiber: 0.67g (2.69%), Vitamin B5:

0.27mg (2.65%), Vitamin D: 0.37µg (2.44%), Copper: 0.05mg (2.33%), Potassium: 74.44mg (2.13%), Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.23mg (1.5%)