



Cheddar, Red Onion, and Sage Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



98 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup butter chilled cut into pieces
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 cup milk 1% low-fat
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.3 ounces cheddar cheese shredded

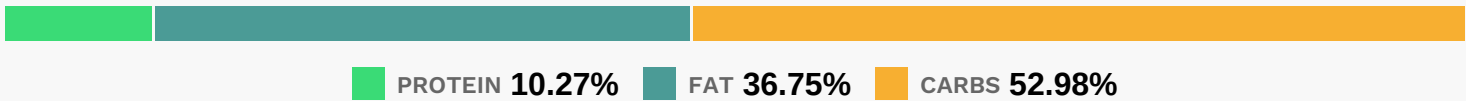
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese, onion, and sage.
- ☐ Add milk to flour mixture; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times. Pat or roll dough to a 1-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- ☐ Place biscuits 2 inches apart on a baking sheet coated with cooking spray. Coat tops of biscuits with cooking spray.
- ☐ Bake at 425 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:8.81, Inflammation Score:-2, Nutrition Score:7.3200000861417%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 98.18kcal (4.91%), Fat: 3.99g (6.14%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.46g (4.53%), Sugar: 0.68g (0.75%), Cholesterol: 10.57mg (3.52%), Sodium: 163.1mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Copper: 1.84mg (92.12%), Vitamin B1: 0.13mg (8.82%), Selenium: 6.11µg (8.73%), Manganese: 0.17mg (8.42%), Folate: 29.52µg (7.38%), Calcium: 70.6mg (7.06%), Vitamin B2: 0.1mg (6.13%), Phosphorus: 52.03mg (5.2%), Iron: 0.86mg (4.8%), Vitamin B3: 0.94mg (4.7%), Vitamin A: 136.16IU (2.72%), Fiber: 0.48g (1.93%), Magnesium: 6.71mg (1.68%), Zinc: 0.24mg (1.63%), Vitamin B12: 0.1µg (1.63%), Vitamin B5: 0.12mg (1.24%), Potassium: 41.96mg (1.2%)