



## Cheddar Scallion Drop Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



210 kcal

DESSERT

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 1.5 cups cheddar grated
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 3 scallions finely chopped
- ☐ 2 teaspoons sugar

☐

6 tablespoons butter    unsalted cold cut into 1/2-inch cubes ()

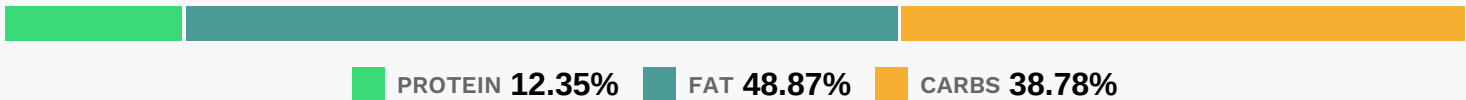
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Whisk together flour, baking powder, sugar, baking soda, and salt in a bowl, then blend in butter with your fingertips until mixture resembles coarse meal. Stir in Cheddar and scallions.
- ☐ Add buttermilk and stir until just combined.
- ☐ Drop dough in 12 equal mounds about 2 inches apart onto a buttered large baking sheet.
- ☐ Bake in middle of oven until golden, 18 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.26, Glycemic Load:14.06, Inflammation Score:-4, Nutrition Score:6.6808695974557%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 209.5kcal (10.48%), Fat: 11.38g (17.51%), Saturated Fat: 6.72g (42.03%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 19.61g (7.13%), Sugar: 1.83g (2.03%), Cholesterol: 31.38mg (10.46%), Sodium: 465.63mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Selenium: 12.78µg (18.25%), Calcium: 179.31mg (17.93%), Vitamin B1: 0.2mg (13.3%), Phosphorus: 128.05mg (12.81%), Vitamin B2: 0.22mg (12.79%), Folate: 48.99µg (12.25%), Manganese: 0.17mg (8.39%), Vitamin A: 379.37IU (7.59%), Vitamin B3: 1.43mg (7.14%), Iron: 1.26mg (6.98%), Vitamin K: 7.17µg (6.83%), Zinc: 0.78mg (5.18%), Vitamin B12: 0.25µg (4.23%), Vitamin D: 0.45µg (3%), Magnesium: 11.94mg (2.98%), Fiber: 0.71g (2.85%), Vitamin B5: 0.25mg (2.47%), Copper: 0.05mg (2.37%),

Potassium: 73.13mg (2.09%), Vitamin E: 0.31mg (2.09%), Vitamin B6: 0.03mg (1.46%)