



Cheddar-Thyme Flaky Biscuits

READY IN



25 min.

SERVINGS



10

CALORIES



222 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 cup butter
- 0.5 teaspoon cream of tartar
- 2 cups flour
- 1 tablespoon thyme leaves fresh chopped
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 3 tablespoons sugar white

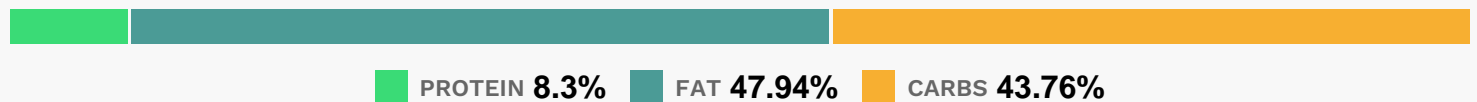
Equipment

- bowl
- baking sheet
- oven
- pastry cutter

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- In a medium bowl, stir together the flour, baking powder, sugar, salt and cream of tartar.
- Cut in butter using a pastry cutter or a fork until it is the size of peas. Make a well in the center of the mixture and measure the milk, cheese and thyme into the bowl. Gently mix until a soft dough forms.
- Roll or pat out on a floured surface to 3/4 inch thick.
- Cut into circles and place on a baking sheet.
- Bake for 10 minutes in the preheated oven, or until the bottoms of the biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:34.71, Glycemic Load:17.11, Inflammation Score:-7, Nutrition Score:6.1239130393319%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 222.44kcal (11.12%), Fat: 11.91g (18.33%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 23.69g (8.61%), Sugar: 4.56g (5.07%), Cholesterol: 7.85mg (2.62%), Sodium: 437.49mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Calcium: 166.58mg (16.66%), Selenium: 10.45µg (14.92%), Vitamin B1: 0.21mg (13.97%), Folate: 47.37µg (11.84%), Phosphorus: 109.78mg (10.98%), Vitamin B2: 0.18mg

(10.7%), Vitamin A: 525.51IU (10.51%), Manganese: 0.18mg (9.24%), Iron: 1.48mg (8.2%), Vitamin B3: 1.51mg (7.57%), Zinc: 0.47mg (3.14%), Fiber: 0.78g (3.11%), Vitamin B12: 0.17µg (2.83%), Vitamin E: 0.42mg (2.79%), Magnesium: 11.12mg (2.78%), Potassium: 92.75mg (2.65%), Copper: 0.04mg (2.14%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.24µg (1.57%), Vitamin B6: 0.03mg (1.48%), Vitamin C: 1.14mg (1.39%)