

Cheese Biscuits

READY IN



35 min.

SERVINGS



8

CALORIES



224 kcal

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup buttermilk
- 1.7 cups flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 4 ounces cheddar cheese shredded

Equipment

- bowl

baking sheet

oven

Directions

In a bowl, combine flour, baking powder, salt and baking soda.

Cut in shortening until the mixture resembles coarse crumbs. Stir in cheese.

Add buttermilk; stir just until dough clings together. On a lightly floured surface, knead dough lightly until easy to handle.

Roll into a 12-in. circle.

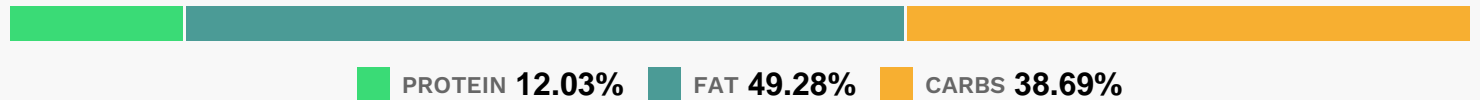
Cut into eight wedges. Begin at wide end of wedge and roll toward point.

Place biscuits, point side down, on a greased baking sheet.

Bake at 450° for 12–14 minutes or until golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:15.06, Inflammation Score:-3, Nutrition Score:6.7352174054021%

Nutrients (% of daily need)

Calories: 223.74kcal (11.19%), Fat: 12.23g (18.81%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 20.89g (7.6%), Sugar: 1.22g (1.35%), Cholesterol: 16.65mg (5.55%), Sodium: 402.65mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Selenium: 13.67µg (19.54%), Calcium: 188.91mg (18.89%), Vitamin B1: 0.22mg (14.69%), Vitamin B2: 0.23mg (13.52%), Phosphorus: 134.08mg (13.41%), Folate: 51.76µg (12.94%), Manganese: 0.18mg (9.02%), Vitamin B3: 1.57mg (7.83%), Iron: 1.35mg (7.52%), Zinc: 0.79mg (5.26%), Vitamin B12: 0.25µg (4.23%), Vitamin K: 3.89µg (3.71%), Vitamin A: 179.16IU (3.58%), Vitamin E: 0.53mg (3.54%), Magnesium: 12.08mg (3.02%), Vitamin B5: 0.3mg (3.02%), Fiber: 0.71g (2.82%), Vitamin D: 0.38µg (2.52%), Copper: 0.05mg (2.4%), Potassium: 69.38mg (1.98%), Vitamin B6: 0.03mg (1.47%)