



Cheese Biscuits

 Popular

READY IN



25 min.

SERVINGS



16

CALORIES



131 kcal

Ingredients

- ☐ 2 cups tablespoons flour all-purpose
- ☐ 1 dash cayenne
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons double-acting baking powder good (make sure your baking powder is fresh! no more than 6 months old or you may not get a rise)
- ☐ 7 tablespoons butter cold
- ☐ 2 scallions finely chopped
- ☐ 3 oz parmesan cheese grated
- ☐ 0.8 cup buttermilk

☐ 16 servings salt) black for topping (optional; not table/iodized salt

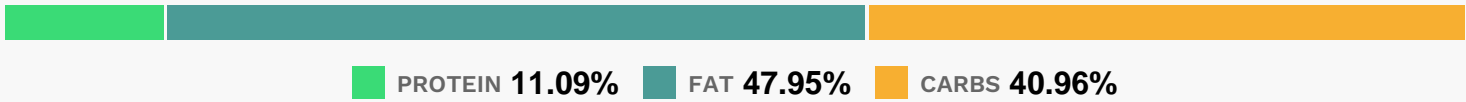
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven, whisk together dry ingredients: Preheat the oven to 425°F. In a large bowl whisk together the flour, cayenne, black pepper, baking powder, and salt. Set aside.
- ☐ Add butter, coat with flour, add cheese and scallions: Dice the butter into small pieces. If they get too warm then place them in a bowl and put it in the freezer for about 10 minutes before continuing.
- ☐ Toss the diced butter with the flour mixture until well coated. (Again, if into tossing the butter gets hot in your hands place the whole mixture in the freezer for a few minutes.)
- ☐ Add the scallions and cheese and toss until well coated.
- ☐ Add buttermilk:
- ☐ Add the buttermilk and mix with your hands until it just comes together. You may find you need an extra dribble of buttermilk, if so then go right ahead but do so judiciously. Do not over-knead.
- ☐ Roll out dough, cut into squares:
- ☐ Roll the dough out onto a lightly floured surface. Knead once or twice; no more. Form into an 8x8-inch square and cut into 2x2-inch squares and top with a bit of high-quality salt if using.
- ☐ Bake at 425°F for 12–16 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:8.96, Inflammation Score:-3, Nutrition Score:3.9717391431332%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 131.07kcal (6.55%), Fat: 6.99g (10.75%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.95g (4.71%), Sugar: 0.63g (0.71%), Cholesterol: 19.03mg (6.34%), Sodium: 427.91mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Selenium: 7.65µg (10.93%), Calcium: 94.63mg (9.46%), Vitamin B1: 0.13mg (8.71%), Folate: 30.64µg (7.66%), Phosphorus: 73.24mg (7.32%), Vitamin B2: 0.12mg (6.96%), Manganese: 0.12mg (6.13%), Vitamin B3: 0.95mg (4.74%), Vitamin A: 235.5IU (4.71%), Iron: 0.84mg (4.66%), Vitamin K: 3.81µg (3.63%), Zinc: 0.4mg (2.63%), Vitamin B12: 0.13µg (2.23%), Fiber: 0.48g (1.92%), Magnesium: 7.1mg (1.78%), Copper: 0.03mg (1.49%), Potassium: 48.4mg (1.38%), Vitamin B5: 0.14mg (1.37%), Vitamin E: 0.2mg (1.31%), Vitamin D: 0.17µg (1.15%)