



Cheese Biscuits I

READY IN



20 min.

SERVINGS



10

CALORIES



187 kcal

Ingredients

- 2 cups baking mix
- 0.3 cup butter
- 1 teaspoon parsley dried
- 0.5 teaspoon garlic powder
- 0.7 cup milk
- 0.3 cup parmesan
- 0.5 cup cheddar cheese shredded

Equipment

- baking sheet

oven

Directions

Preheat oven to 450 degrees F (230 degrees C).

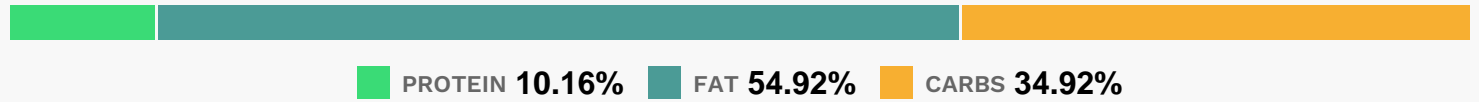
Stir together baking mix, milk and cheeses until soft dough forms. Drop by spoonfuls onto an ungreased cookie sheet.

Bake for 10 to 12 minutes, or until bottoms are lightly browned.

Melt butter, and stir in garlic powder and parsley flakes.

Brush over warm biscuits.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:4.9269564556687%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 186.55kcal (9.33%), Fat: 11.39g (17.52%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.77g (5.73%), Sugar: 3.62g (4.03%), Cholesterol: 21.98mg (7.33%), Sodium: 426.05mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Phosphorus: 202.08mg (20.21%), Calcium: 134.11mg (13.41%), Vitamin B1: 0.15mg (10.05%), Vitamin B2: 0.16mg (9.58%), Folate: 31.62µg (7.91%), Selenium: 4.36µg (6.24%), Vitamin B3: 1.12mg (5.61%), Vitamin A: 245.46IU (4.91%), Vitamin B12: 0.28µg (4.68%), Manganese: 0.09mg (4.29%), Iron: 0.71mg (3.92%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.31mg (3.15%), Magnesium: 10.85mg (2.71%), Vitamin K: 2.32µg (2.21%), Potassium: 73.59mg (2.1%), Fiber: 0.52g (2.08%), Copper: 0.04mg (2.03%), Vitamin B6: 0.04mg (1.85%), Vitamin D: 0.23µg (1.5%), Vitamin E: 0.22mg (1.47%)