



Cheese Biscuits with Chipotle Butter

READY IN



30 min.

SERVINGS



24

CALORIES



142 kcal

Ingredients

- ☐ 7.5 oz biscuits
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 8 oz cream sour
- ☐ 0.5 cup buttermilk
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 teaspoon penzey's southwest seasoning
- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 chipotles in adobo finely chopped (from 7-oz can)
- ☐ 2 teaspoons chipotle sauce canned (from can of chipotle chiles)

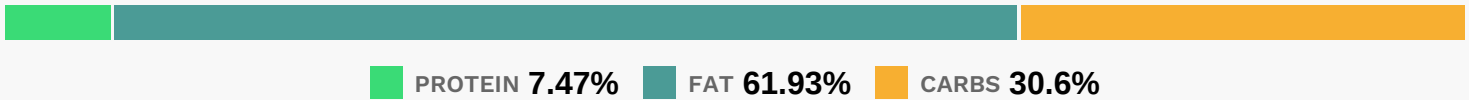
Equipment

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

Directions

- ☐ Heat oven to 400°F. Lightly grease 2 cookie sheets with shortening or cooking spray.
- ☐ In medium bowl, stir all biscuit ingredients with fork or whisk until blended. On lightly floured surface, press or roll dough to 1/2-inch thickness.
- ☐ Cut dough with floured 2-inch round cutter; place rounds on cookie sheets.
- ☐ Bake 10 to 12 minutes or until golden brown.
- ☐ Meanwhile, in small bowl, mix butter, parsley, chipotle chile and adobo sauce.
- ☐ Serve biscuits warm with chipotle butter.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:2.83, Inflammation Score:-2, Nutrition Score:3.1530434981636%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 141.74kcal (7.09%), Fat: 9.87g (15.18%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.08g (3.67%), Sugar: 2.67g (2.97%), Cholesterol: 21.26mg (7.09%), Sodium: 216.09mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Phosphorus: 110.16mg (11.02%), Calcium: 61.84mg (6.18%), Selenium: 4.02µg (5.75%), Vitamin B2: 0.09mg (5.57%), Vitamin B1: 0.08mg (5.12%), Vitamin A: 245.88IU (4.92%), Folate: 15.79µg (3.95%), Manganese: 0.07mg (3.54%), Fiber: 0.88g (3.53%), Iron: 0.59mg (3.29%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.76µg (2.63%), Vitamin E: 0.35mg (2.34%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.12µg (2%), Magnesium: 6.72mg (1.68%), Potassium: 54.49mg (1.56%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg

(1.26%)