



Cheese-Chive Drop Biscuits

READY IN



20 min.

SERVINGS



20

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter chilled cut into pieces
- ☐ 1 tablespoon butter melted
- ☐ 1.8 cups buttermilk
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup shortening
- ☐ 3 oz cheddar cheese shredded
- ☐ 2.3 teaspoons sugar
- ☐ 3.5 cups self-rising soft-wheat flour

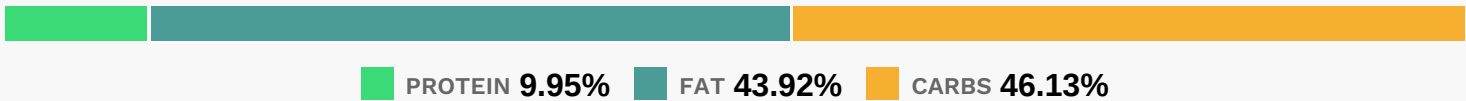
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 50
- ☐ Combine first 3 ingredients in a large bowl until well blended.
- ☐ Cut in shortening and butter with a pastry blender or a fork until crumbly; stir in cheese and chives.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Drop dough by 1/4 cupfuls onto an ungreased baking sheet.
- ☐ Brush lightly with melted butter.
- ☐ Bake at 500 for 12 to 15 minutes or until golden.
- ☐ *Nonfat buttermilk may be substituted.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Flour.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.86, Inflammation Score:-3, Nutrition Score:4.7547825821068%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 160.13kcal (8.01%), Fat: 7.79g (11.99%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 17.81g (6.48%), Sugar: 1.56g (1.73%), Cholesterol: 14.17mg (4.72%), Sodium: 120.87mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.18mg (12.26%), Folate: 42.61µg (10.65%), Vitamin B2: 0.16mg (9.69%), Calcium: 85.28mg (8.53%), Manganese: 0.15mg (7.62%), Phosphorus: 71.95mg (7.19%), Vitamin B3: 1.32mg (6.59%), Iron: 1.09mg (6.05%), Vitamin A: 187.43IU (3.75%), Vitamin K: 2.91µg (2.77%), Zinc: 0.4mg (2.63%), Vitamin B12: 0.15µg (2.46%), Fiber: 0.6g (2.42%), Vitamin B5: 0.22mg (2.16%), Magnesium: 8.46mg (2.12%), Vitamin E: 0.3mg (2%), Vitamin D: 0.3µg (1.99%), Copper: 0.04mg (1.95%), Potassium: 57.46mg (1.64%), Vitamin B6: 0.02mg (1.05%)