

Cheese Drop Biscuits

READY IN



30 min.

SERVINGS



12

CALORIES



134 kcal

Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon chives dried
- 2 cups flour all-purpose
- 0.5 teaspoon garlic salt
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.3 cup sharp cheddar cheese shredded
- 0.3 cup shortening

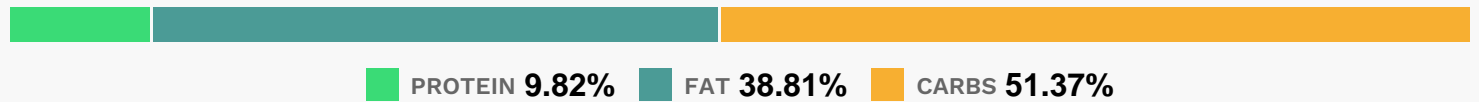
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- In a large bowl, mix together flour, baking powder, chives, garlic salt and salt.
- Cut in the shortening until the mixture has only small lumps.
- Add milk and cheese and stir until moistened. Drop dough by heaping spoonfuls onto prepared baking sheet.
- Bake in preheated oven for 12 to 15 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:12.04, Inflammation Score:-4, Nutrition Score:4.7943478304407%

Nutrients (% of daily need)

Calories: 134.15kcal (6.71%), Fat: 5.78g (8.89%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 16.54g (6.01%), Sugar: 0.8g (0.89%), Cholesterol: 4.18mg (1.39%), Sodium: 321.86mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin B1: 0.18mg (11.82%), Selenium: 8.06µg (11.51%), Calcium: 100.79mg (10.08%), Folate: 39.06µg (9.77%), Vitamin B2: 0.14mg (8.26%), Manganese: 0.15mg (7.45%), Phosphorus: 72.72mg (7.27%), Vitamin A: 328.83IU (6.58%), Iron: 1.17mg (6.49%), Vitamin B3: 1.27mg (6.36%), Vitamin C: 2.71mg (3.29%), Fiber: 0.67g (2.69%), Magnesium: 9.95mg (2.49%), Vitamin K: 2.44µg (2.32%), Zinc: 0.32mg (2.11%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.11µg (1.79%), Copper: 0.03mg (1.7%), Potassium: 59.38mg (1.7%), Vitamin B6: 0.03mg (1.42%), Vitamin D: 0.18µg (1.21%)