



Cheese-Filled Cornmeal Biscuits

READY IN



35 min.

SERVINGS



35

CALORIES



66 kcal

Ingredients

- 1 Tbsp calumet baking powder
- 4 oz colby & monterey jack cheese cut into 12 cubes kraft ()
- 0.5 cup cornmeal
- 0.5 cup knudsen cream sour
- 1.5 cups flour
- 0.5 cup milk
- 0.5 tsp salt
- 0.3 cup shortening cold

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 450F.
- Mix first 4 ingredients in large bowl until well blended.
- Cut in shortening with pastry blender or 2 knives or until mixture resembles coarse crumbs.
- Mix sour cream and milk.
- Add to flour mixture; stir with fork just until mixture forms soft dough. (Do not overmix.)
- Knead on lightly floured baking sheet 10 times or until smooth. Pat or roll out dough to 12x8-inch rectangle.
- Cut into 12 (4x2-inch) rectangles with pizza wheel.
- Place 1 cheese cube about 3/4 inch from edge of 1 short side of each rectangle.
- Brush edges of dough with water; fold dough over cheese to form 2-inch square. Firmly pinch edges of dough together to seal. Arrange evenly on baking sheet.
- Bake 12 to 15 min. or until lightly browned.

Nutrition Facts



PROTEIN 10.61% **FAT 52.3%** **CARBS 37.09%**

Properties

Glycemic Index:8.59, Glycemic Load:4.1, Inflammation Score:-1, Nutrition Score:1.7856521648557%

Nutrients (% of daily need)

Calories: 66.35kcal (3.32%), Fat: 3.87g (5.95%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.82g (2.12%), Sugar: 0.35g (0.38%), Cholesterol: 5.24mg (1.75%), Sodium: 91.62mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Calcium: 52.9mg (5.29%), Phosphorus: 38.81mg (3.88%), Selenium: 2.61µg (3.73%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.05mg (3.03%), Folate: 11.36µg (2.84%), Manganese: 0.05mg (2.6%), Iron: 0.38mg (2.12%), Vitamin B3: 0.38mg (1.91%), Zinc: 0.23mg (1.54%), Fiber: 0.36g (1.44%), Magnesium: 5.32mg (1.33%), Vitamin K: 1.2µg (1.14%), Vitamin B6: 0.02mg (1.09%), Vitamin E: 0.15mg

(1.03%), Vitamin A: 51.03IU (1.02%)