



Cheese Garlic Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



177 kcal

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.7 cup milk
- ☐ 2 ounces cheddar cheese shredded

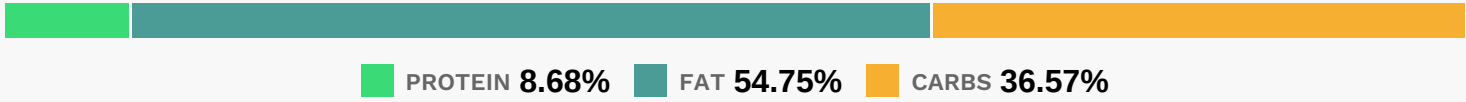
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together first 3 ingredients until soft dough forms. Stir vigorously 30 seconds. Drop by tablespoonfuls onto an ungreased baking sheet.
- ☐ Bake at 450 for 8 to 10 minutes.
- ☐ Stir together butter and garlic powder; brush over warm biscuits.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:4.5378260910511%

Nutrients (% of daily need)

Calories: 176.55kcal (8.83%), Fat: 10.75g (16.53%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.64g (5.69%), Sugar: 3.6g (4%), Cholesterol: 20.3mg (6.77%), Sodium: 386.04mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Phosphorus: 184.47mg (18.45%), Calcium: 104.48mg (10.45%), Vitamin B1: 0.15mg (9.96%), Vitamin B2: 0.15mg (9.08%), Folate: 31.4µg (7.85%), Vitamin B3: 1.11mg (5.57%), Selenium: 3.79µg (5.41%), Vitamin A: 225.94IU (4.52%), Vitamin B12: 0.25µg (4.19%), Manganese: 0.08mg (4.18%), Iron: 0.68mg (3.77%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.43mg (2.84%), Magnesium: 9.65mg (2.41%), Fiber: 0.51g (2.04%), Vitamin K: 2.14µg (2.04%), Potassium: 70.14mg (2%), Copper: 0.04mg (1.97%), Vitamin B6: 0.03mg (1.67%), Vitamin E: 0.21mg (1.43%), Vitamin D: 0.21µg (1.42%)