



Cheese-Garlic Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



147 kcal

Ingredients

- ☐ 4 cups baking mix all-purpose
- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 teaspoon garlic powder
- ☐ 1.3 cups milk
- ☐ 4 ounces cheddar cheese shredded

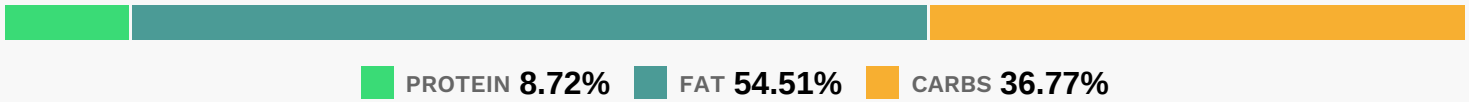
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together baking mix, milk, and shredded Cheddar cheese until a soft dough forms.
- ☐ Drop by heaping tablespoonfuls onto a lightly greased baking sheet.
- ☐ Bake at 450 for 6 to 8 minutes or until golden.
- ☐ Stir together melted butter, minced parsley, and garlic powder; brush over warm biscuits.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:3.981739151737%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 147.49kcal (7.37%), Fat: 8.93g (13.74%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 13.12g (4.77%), Sugar: 3g (3.34%), Cholesterol: 6.75mg (2.25%), Sodium: 336.02mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Phosphorus: 154.03mg (15.4%), Calcium: 87.63mg (8.76%), Vitamin B1: 0.13mg (8.34%), Vitamin B2: 0.13mg (7.59%), Folate: 26.35µg (6.59%), Vitamin A: 253.31IU (5.07%), Vitamin B3: 0.93mg (4.65%), Selenium: 3.12µg (4.46%), Vitamin K: 4.19µg (3.99%), Manganese: 0.07mg (3.53%), Vitamin B12: 0.21µg (3.43%), Iron: 0.58mg (3.22%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.35mg (2.36%), Magnesium: 8.22mg (2.06%), Fiber: 0.44g (1.75%), Potassium: 60.97mg (1.74%), Copper: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.47%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.18µg (1.18%)