



Cheese Garlic Biscuits I



Vegetarian

READY IN

ready

15 min.

SERVINGS

servings

9

CALORIES

calories

173 kcal

Ingredients

- ☐ 2 cups biscuit mix
- ☐ 2 tablespoons butter melted
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.7 cup milk
- ☐ 0.5 cup cheddar cheese shredded

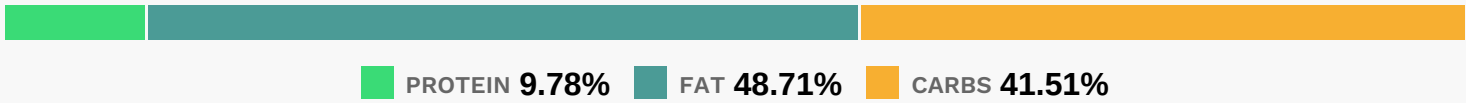
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- ☐ Measure biscuit mix into a large bowl. Stir in milk and cheese until a soft dough forms. Drop 9 spoonfuls of the dough onto prepared baking sheet.
- ☐ Bake in preheated oven for 8 to 10 minutes, until golden brown. While biscuits bake stir together butter and garlic powder.
- ☐ Remove biscuits from oven and brush with butter mixture.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.9099999708326%

Nutrients (% of daily need)

Calories: 173.04kcal (8.65%), Fat: 9.34g (14.37%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.35g (6.31%), Sugar: 4g (4.44%), Cholesterol: 15.67mg (5.22%), Sodium: 408.22mg (17.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Phosphorus: 203.93mg (20.39%), Calcium: 115.13mg (11.51%), Vitamin B1: 0.17mg (11.04%), Vitamin B2: 0.17mg (10.02%), Folate: 34.76µg (8.69%), Vitamin B3: 1.24mg (6.18%), Selenium: 4.16µg (5.94%), Manganese: 0.09mg (4.62%), Vitamin B12: 0.27µg (4.56%), Iron: 0.75mg (4.18%), Vitamin A: 171IU (3.42%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.47mg (3.12%), Magnesium: 10.62mg (2.66%), Fiber: 0.56g (2.26%), Potassium: 76.66mg (2.19%), Copper: 0.04mg (2.18%), Vitamin K: 2.16µg (2.05%), Vitamin B6: 0.04mg (1.82%), Vitamin D: 0.24µg (1.58%), Vitamin E: 0.16mg (1.09%)