



1%
HEALTH SCORE

Cheese Garlic Biscuits II

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



151 kcal

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup butter melted
- 1.8 cups flour all-purpose
- 1 clove garlic minced
- 1 cup milk
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 450 degrees F (230 degrees C).

In a large bowl, sift together flour, salt and baking powder.

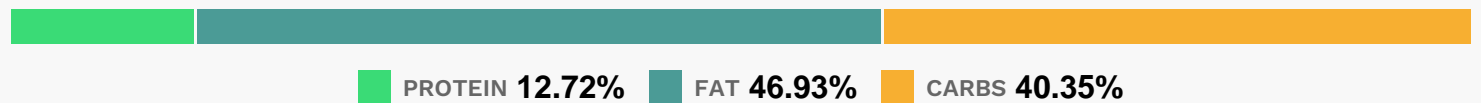
Cut in butter until mixture resembles coarse crumbs. Make a well in the center of flour mixture.

Add the milk and cheddar cheese; stir to combine. Drop batter by spoonfuls onto an ungreased baking sheet.

Bake in preheated oven for 12 to 15 minutes, until lightly browned. While biscuits are baking mix melted butter and minced garlic.

Brush garlic butter over hot baked biscuits.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:10.55, Inflammation Score:-3, Nutrition Score:4.6039130778416%

Nutrients (% of daily need)

Calories: 151.34kcal (7.57%), Fat: 7.87g (12.1%), Saturated Fat: 4.65g (29.03%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.72g (5.35%), Sugar: 1.06g (1.18%), Cholesterol: 22.02mg (7.34%), Sodium: 214.69mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Selenium: 9.31µg (13.31%), Calcium: 105.76mg (10.58%), Vitamin B1: 0.16mg (10.53%), Vitamin B2: 0.16mg (9.5%), Folate: 35.49µg (8.87%), Phosphorus: 88.52mg (8.85%), Manganese: 0.13mg (6.53%), Vitamin B3: 1.11mg (5.53%), Iron: 0.89mg (4.92%), Vitamin A: 245.5IU (4.91%), Zinc: 0.56mg (3.76%), Vitamin B12: 0.22µg (3.63%), Magnesium: 9.2mg (2.3%), Vitamin B5: 0.2mg (2.01%), Fiber: 0.5g (1.99%), Vitamin D: 0.28µg (1.87%), Potassium: 59.45mg (1.7%), Copper: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.51%), Vitamin E: 0.2mg (1.34%)