



Cheese Garlic Biscuits II



Vegetarian



Popular

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

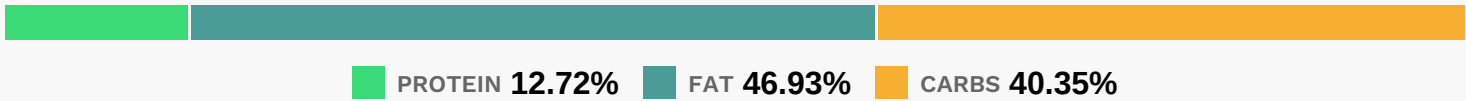
- ☐ bowl

- ☐ 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%)