



## Cheese-Garlic Biscuits (lighter )

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



119 kcal

### Ingredients

- ☐ 2 cups baking mix bisquick heart smart®
- ☐ 0.7 cup skim milk fat-free (skim)
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 serving pam original flavor shopping list (if desired)

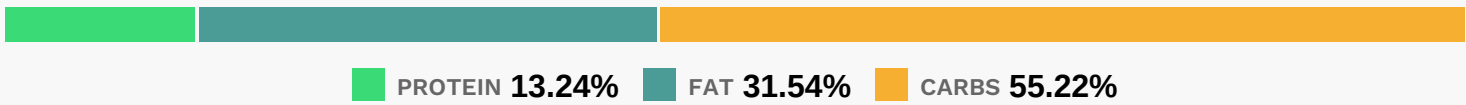
### Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 450°F.
- ☐ Mix Bisquick mix, milk, cheese and garlic powder to make a soft dough. Beat vigorously 30 seconds. Drop dough by 10 to 12 spoonfuls onto ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden brown. Spray warm biscuits with cooking spray before removing from cookie sheet.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.83, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:4.0747826157705%

## Nutrients (% of daily need)

Calories: 118.66kcal (5.93%), Fat: 4.11g (6.33%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.69g (5.71%), Sugar: 3.65g (4.06%), Cholesterol: 2.16mg (0.72%), Sodium: 347.73mg (15.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Phosphorus: 185.94mg (18.59%), Vitamin B1: 0.15mg (9.9%), Calcium: 88.17mg (8.82%), Vitamin B2: 0.14mg (8.18%), Folate: 31.02µg (7.76%), Vitamin B3: 1.11mg (5.57%), Selenium: 2.98µg (4.26%), Manganese: 0.08mg (4.19%), Iron: 0.7mg (3.87%), Vitamin B12: 0.22µg (3.6%), Vitamin B5: 0.28mg (2.82%), Magnesium: 8.98mg (2.25%), Zinc: 0.33mg (2.17%), Fiber: 0.52g (2.07%), Potassium: 71.93mg (2.06%), Copper: 0.04mg (1.96%), Vitamin B6: 0.03mg (1.64%), Vitamin K: 1.59µg (1.52%), Vitamin D: 0.19µg (1.24%)