

Cheesy Onion Biscuits

READY IN



25 min.

SERVINGS



4

CALORIES



159 kcal

Ingredients

- 0.1 teaspoon double-acting baking powder
- 0.1 teaspoon baking soda
- 0.3 cup buttermilk
- 0.8 cup flour all-purpose
- 0.3 cup onion chopped
- 0.1 teaspoon salt
- 1 tablespoon shortening
- 0.3 cup cheddar cheese shredded

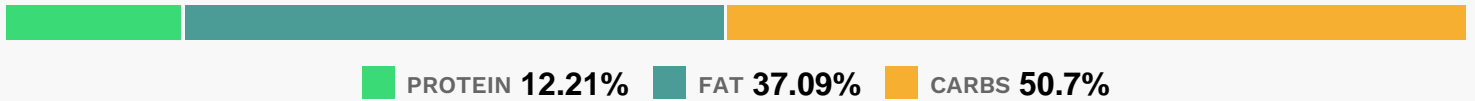
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Place onion in a small microwave-safe bowl; cover and microwave on high for 1–2 minutes or until tender. In a small bowl, combine the flour, baking powder, baking soda and salt.
- Cut in shortening until mixture resembles coarse crumbs. Stir in cheese and onion. Stir in buttermilk just until moistened.
- Turn onto a lightly floured surface; knead 8–10 times. Pat or roll out into a 4-in. circle; cut into four wedges.
- Place 2 in. apart on a baking sheet coated with cooking spray.
- Bake at 450° for 8–12 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:13.53, Inflammation Score:-3, Nutrition Score:5.1904347772184%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 158.88kcal (7.94%), Fat: 6.5g (10%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 19.2g (6.98%), Sugar: 1.49g (1.65%), Cholesterol: 9.26mg (3.09%), Sodium: 188.31mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Selenium: 10.73µg (15.34%), Vitamin B1: 0.2mg (13.38%), Folate: 47.27µg (11.82%), Vitamin B2: 0.18mg (10.83%), Manganese: 0.17mg (8.72%), Calcium: 86.17mg (8.62%), Phosphorus: 80.3mg (8.03%), Vitamin B3: 1.42mg (7.09%), Iron: 1.14mg (6.35%), Zinc: 0.52mg (3.44%), Fiber: 0.8g (3.21%), Vitamin B12: 0.17µg (2.78%), Magnesium: 10.1mg (2.52%), Vitamin B5: 0.24mg (2.42%), Copper:

0.05mg (2.25%), Vitamin A: 103.97IU (2.08%), Potassium: 72.16mg (2.06%), Vitamin D: 0.3µg (2.02%), Vitamin K:
2.04µg (1.94%), Vitamin E: 0.28mg (1.86%), Vitamin B6: 0.03mg (1.72%)