



Cheesy PHILLY Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



160 kcal

Ingredients

- 1 Tbsp calumet baking powder
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 8 oz philadelphia cream cheese cubed
- 2 cups flour
- 0.5 cup milk

Equipment

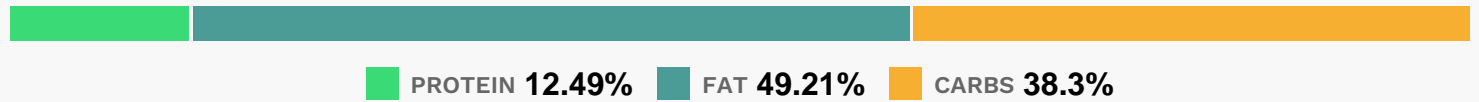
- bowl
- baking sheet
- oven

- blender
- cookie cutter

Directions

- Heat oven to 425F.
- Mix flour and baking powder in large bowl.
- Cut in cream cheese with 2 knives or pastry blender until mixture resembles coarse crumbs. Stir in shredded cheese.
- Add milk; stir until mixture forms soft dough.
- Pat dough to 3/4-inch thickness on floured surface.
- Cut into 14 rounds with 2-inch fluted cookie cutter, rerolling scraps as necessary.
- Place, 2 inches apart, on baking sheet.
- Bake 12 to 15 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:10.52, Inflammation Score:-3, Nutrition Score:4.82043477245%

Nutrients (% of daily need)

Calories: 160.31kcal (8.02%), Fat: 8.77g (13.49%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 14.88g (5.41%), Sugar: 1.1g (1.23%), Cholesterol: 25.48mg (8.49%), Sodium: 198.18mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Selenium: 9.9µg (14.14%), Calcium: 136.54mg (13.65%), Vitamin B2: 0.17mg (10.18%), Phosphorus: 101.17mg (10.12%), Vitamin B1: 0.15mg (10.08%), Folate: 35.83µg (8.96%), Vitamin A: 312.56IU (6.25%), Manganese: 0.12mg (6.24%), Vitamin B3: 1.08mg (5.41%), Iron: 0.95mg (5.3%), Zinc: 0.54mg (3.59%), Vitamin B12: 0.17µg (2.8%), Vitamin B5: 0.24mg (2.36%), Magnesium: 8.84mg (2.21%), Fiber: 0.48g (1.94%), Potassium: 59.95mg (1.71%), Copper: 0.03mg (1.57%), Vitamin E: 0.21mg (1.43%), Vitamin B6: 0.03mg (1.39%)