



Chile and Cheese Biscuit Cups

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



9

CALORIES



86 kcal

Ingredients

- ☐ 0.7 cup milk
- ☐ 4 oz chilis green chopped canned
- ☐ 3 oz monterrey jack cheese shredded
- ☐ 6.3 oz taco seasoning
- ☐ 2.5 cups frangelico

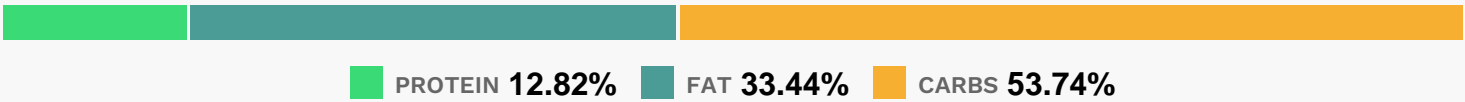
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Spray 9 regular-size muffin cups with cooking spray.
- ☐ In medium bowl, stir together Bisquick mix and milk until soft dough forms. Shape heaping teaspoonfuls of dough into 27 balls; flatten each ball into flat round.
- ☐ In small bowl, mix chiles, cheese and taco seasoning mix.
- ☐ Place 1 dough round on work surface; top with about 1/2 teaspoon of chile mixture. Top with second dough round, another 1/2 teaspoon of chile mixture and third dough round.
- ☐ Place stack in muffin cup, edges facing toward bottom of cup; gently fan out edges. Repeat with remaining dough rounds and chile mixture.
- ☐ Bake 12 to 15 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:5.1552173832188%

Nutrients (% of daily need)

Calories: 85.75kcal (4.29%), Fat: 3.48g (5.35%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.65g (3.15%), Sugar: 4.61g (5.12%), Cholesterol: 10.58mg (3.53%), Sodium: 1701.95mg (74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 1964.68IU (39.29%), Vitamin C: 13.17mg (15.96%), Fiber: 3.92g (15.66%), Calcium: 97.26mg (9.73%), Iron: 1.56mg (8.69%), Phosphorus: 61.6mg (6.16%), Vitamin B2: 0.07mg (3.86%), Vitamin B12: 0.18µg (2.93%), Selenium: 1.75µg (2.5%), Zinc: 0.37mg (2.46%), Folate: 8.5µg (2.13%), Vitamin D: 0.26µg (1.7%), Vitamin B6: 0.03mg (1.68%), Potassium: 49mg (1.4%), Magnesium: 5.22mg (1.31%)