



Cornmeal Biscuits with Cheddar and Chipotle

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup buttermilk ()
- 1 tablespoon chipotles in adobo canned finely minced
- 1.5 cups sharp cheddar cheese yellow extra-sharp packed grated ()
- 0.8 teaspoon kosher salt
- 1 whipping cream with 1 tablespoon whipping cream (for glaze) beaten

- 0.8 cup spring onion packed chopped ()
- 2 tablespoons sugar
- 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- 0.5 cup cornmeal yellow

Equipment

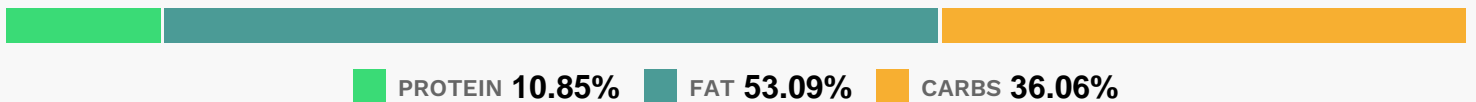
- bowl
- frying pan
- baking sheet
- oven
- whisk
- measuring cup

Directions

- Position rack in center of oven; preheat to 425°F. Melt 1 tablespoon butter in nonstick skillet over medium heat.
- Add green onions and sauté 2 minutes to soften slightly.
- Remove from heat.
- Blend flour, cornmeal, sugar, baking powder, salt, and baking soda in processor.
- Add 1/2 cup chilled butter; cut in using on/off turns until mixture resembles coarse meal.
- Add cheese; cut in using on/off turns.
- Transfer flour mixture to large bowl.
- Whisk 1 egg in glass measuring cup.
- Add enough buttermilk to egg to measure 1 cup; stir in green-onion mixture and chipotles. Make well in center of dry ingredients.
- Pour buttermilk mixture into well; mix just until evenly moistened.
- Turn dough out onto generously floured surface. Knead gently just until dough holds together, about 10 turns. Pat out on generously floured surface to 3/4-inch-thick round. Using 3-inch round cutter, cut out biscuits.

- Transfer to ungreased baking sheet, spacing 1 inch apart. Gather dough scraps; pat out to 3/4-inch thickness and cut out additional biscuits.
- Brush biscuits with egg glaze.
- Bake biscuits until golden, tester inserted into center comes out clean, and biscuits feel firm, about 18 minutes. Cool on rack 5 minutes.
- Serve warm.
- *Available at some supermarkets, specialty foods stores, and Latin markets.

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:16.24, Inflammation Score:-5, Nutrition Score:8.1947825576948%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 273.98kcal (13.7%), Fat: 16.27g (25.04%), Saturated Fat: 9.56g (59.78%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 23.27g (8.46%), Sugar: 3.79g (4.21%), Cholesterol: 43.45mg (14.48%), Sodium: 468.09mg (20.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Calcium: 210.91mg (21.09%), Selenium: 12.47µg (17.82%), Vitamin K: 16.86µg (16.05%), Phosphorus: 158.54mg (15.85%), Vitamin B2: 0.22mg (12.72%), Vitamin B1: 0.19mg (12.61%), Folate: 46.62µg (11.65%), Vitamin A: 559.5IU (11.19%), Manganese: 0.19mg (9.72%), Iron: 1.4mg (7.79%), Zinc: 1.11mg (7.39%), Vitamin B3: 1.37mg (6.86%), Fiber: 1.6g (6.4%), Magnesium: 21.02mg (5.25%), Vitamin B12: 0.28µg (4.7%), Vitamin B6: 0.08mg (3.91%), Vitamin D: 0.51µg (3.38%), Copper: 0.06mg (3.24%), Vitamin E: 0.49mg (3.24%), Potassium: 106.82mg (3.05%), Vitamin B5: 0.29mg (2.86%), Vitamin C: 1.41mg (1.71%)