



Easy-Bake Cheddar Biscuits

 Vegetarian

READY IN



22 min.

SERVINGS



9

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons magic baking powder
- ☐ 0.3 cup butter cold cubed
- ☐ 1 cup double cheddar cheese shredded kraft
- ☐ 9 tablespoons philadelphia chive & onion cream cheese product divided
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 cup flour
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon salt

☐ 0.3 teaspoon sugar

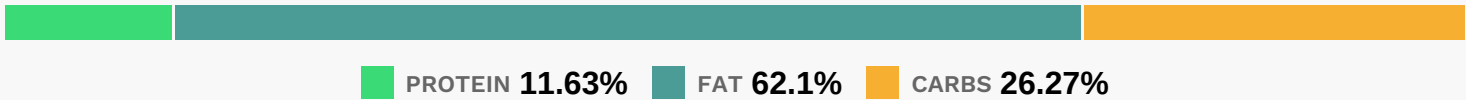
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 450 degrees F.
- ☐ Mix flour, baking powder, cream of tartar, sugar and salt in medium bowl.
- ☐ Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in Cheddar.
- ☐ Add milk; stir until mixture forms soft dough.
- ☐ Place on lightly floured surface; knead 8 to 10 times or until smooth. Pat dough into 6-inch square; cut into 9 smaller squares.
- ☐ Place, 2 inches apart, on baking sheet.
- ☐ Bake 10 to 12 minutes or until golden brown.
- ☐ Cut in half; spread with cream cheese product.

Nutrition Facts



Properties

Glycemic Index:39.12, Glycemic Load:8.11, Inflammation Score:-3, Nutrition Score:4.3769565095072%

Nutrients (% of daily need)

Calories: 189.79kcal (9.49%), Fat: 13.09g (20.14%), Saturated Fat: 7.96g (49.78%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 12.09g (4.4%), Sugar: 0.85g (0.94%), Cholesterol: 36.43mg (12.14%), Sodium: 357.31mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Calcium: 167.94mg (16.79%), Selenium: 8.39µg (11.99%), Phosphorus: 96.86mg (9.69%), Vitamin A: 440.78IU (8.82%), Vitamin B2: 0.13mg (7.69%), Vitamin B1: 0.11mg (7.66%), Folate: 28.24µg (7.06%), Manganese: 0.1mg (4.83%), Iron: 0.77mg (4.26%), Vitamin B3: 0.83mg

(4.16%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.16µg (2.7%), Magnesium: 7.22mg (1.8%), Vitamin E: 0.25mg (1.67%),
Fiber: 0.38g (1.51%), Vitamin B5: 0.13mg (1.32%), Potassium: 44.99mg (1.29%), Copper: 0.02mg (1.22%)