



## Easy-Bake Cheddar Biscuits

 Vegetarian

READY IN



22 min.

SERVINGS



9

CALORIES



193 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
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt

☐ 0.3 teaspoon sugar

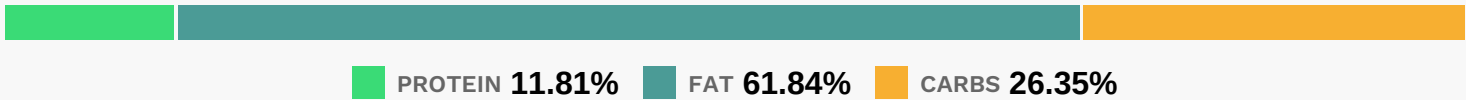
Equipment

- ☐ 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:8.22, Inflammation Score:-4, Nutrition Score:4.5608695952789%

Nutrients (% of daily need)

Calories: 193.21kcal (9.66%), Fat: 13.28g (20.42%), Saturated Fat: 8.07g (50.44%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.35g (4.49%), Sugar: 1.12g (1.25%), Cholesterol: 37.12mg (12.37%), Sodium: 359.47mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Calcium: 174.96mg (17.5%), Selenium: 8.5µg (12.14%), Phosphorus: 102.62mg (10.26%), Vitamin A: 450.02IU (9%), Vitamin B2: 0.14mg (8.15%), Vitamin B1: 0.12mg (7.87%), Folate: 28.24µg (7.06%), Manganese: 0.1mg (4.84%), Iron: 0.77mg (4.26%), Vitamin B3: 0.84mg (4.19%),

Zinc: 0.6mg (4.01%), Vitamin B12: 0.19µg (3.21%), Magnesium: 7.9mg (1.97%), Vitamin E: 0.25mg (1.69%), Vitamin B5: 0.15mg (1.53%), Potassium: 53.54mg (1.53%), Fiber: 0.38g (1.51%), Copper: 0.02mg (1.23%), Vitamin D: 0.17µg (1.16%), Vitamin B6: 0.02mg (1.02%)