



Easy-Bake Cheddar Biscuits

 Vegetarian

READY IN



22 min.

SERVINGS



9

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 teaspoons calumet baking powder
- ☐ 0.5 cup philadelphia chive & onion cream cheese spread
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 cup flour
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cheddar cheese shredded kraft

☐ 0.3 teaspoon sugar

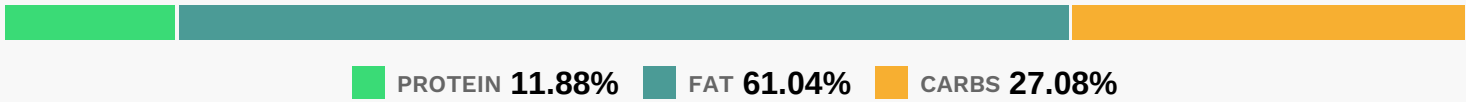
Equipment

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

Directions

- ☐ PREHEAT 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 two knives until mixture resembles coarse crumbs. Stir in Cheddar cheese.
- ☐ Add milk; stir until mixture forms soft dough.
- ☐ PLACE on lightly floured surface; knead eight to 10 times or until smooth. Pat out dough into 6-inch square.
- ☐ Cut into nine squares.
- ☐ Place on ungreased baking sheet.
- ☐ BAKE 10 to 12 min. or until golden brown.
- ☐ Spread each split warm biscuit with 2-1/2 tsp. of the cream cheese spread.

Nutrition Facts



Properties

Glycemic Index:39.12, Glycemic Load:8.22, Inflammation Score:-3, Nutrition Score:4.515217413073%

Nutrients (% of daily need)

Calories: 184.8kcal (9.24%), Fat: 12.54g (19.29%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 12.14g (4.42%), Sugar: 1.02g (1.13%), Cholesterol: 35.02mg (11.67%), Sodium: 343.75mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Calcium: 170.89mg (17.09%), Selenium: 8.5µg

(12.14%), Phosphorus: 102.62mg (10.26%), Vitamin A: 417.83IU (8.36%), 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%)