



Easy Cheddar Biscuits

 Vegetarian

READY IN



10 min.

SERVINGS



100

CALORIES



25 kcal

Ingredients

- ☐ 0.3 cup butter softened cubed
- ☐ 3 tablespoons butter melted
- ☐ 1 cup buttermilk
- ☐ 2.3 cups self-rising flour
- ☐ 1 cup cheddar cheese shredded

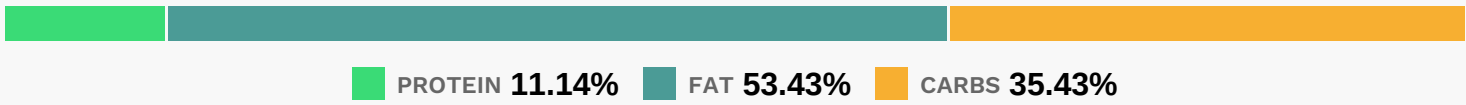
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cut softened butter into flour with a pastry blender or 2 forks just until butter cubes are coated with flour. Using your hands, add cheese, and gently combine until mixture resembles small peas. Stir in buttermilk with a fork just until blended. (
- ☐ Mixture will be wet.)
- ☐ Turn dough out onto a generously floured surface, and pat to 1/2-inch thickness.
- ☐ Cut dough with a well-floured 2-inch round cutter, and place on lightly greased baking sheets.
- ☐ Bake at 450 for 9 to 11 minutes or until lightly browned.
- ☐ Remove from oven, and brush warm biscuits with melted butter.
- ☐ Serve immediately.
- ☐ *1/3 cup shortening may be substituted.
- ☐ Note: For testing purposes only, we used White Lily Self Rising Flour.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:0.48086956629287%

Nutrients (% of daily need)

Calories: 24.69kcal (1.23%), Fat: 1.46g (2.25%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.13g (0.14%), Cholesterol: 3.92mg (1.31%), Sodium: 17.53mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Selenium: 1.54µg (2.2%), Calcium: 11.45mg (1.15%), Manganese: 0.02mg (1.12%), Phosphorus: 10.23mg (1.02%)