



Gluten-Free Cheese Garlic Biscuits

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



134 kcal

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup butter firm
- ☐ 0.7 cup milk
- ☐ 2 oz cheddar cheese shredded
- ☐ 3 eggs
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 cups frangelico gluten free

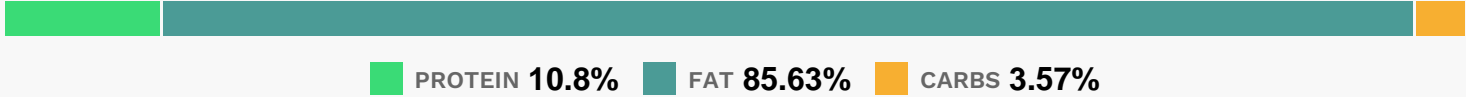
Equipment

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

Directions

- ☐ Heat oven to 425°F. In medium bowl, combine Bisquick mix and 1/4 teaspoon garlic powder.
- ☐ Cut in 1/4 cup butter, using pastry blender or fork, until mixture looks like coarse crumbs. Stir in milk, cheese and eggs until soft dough forms.
- ☐ Drop dough by 10 spoonfuls onto ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until light golden brown.
- ☐ Mix 1/4 cup melted butter and 1/4 teaspoon garlic powder; brush on warm biscuits before removing from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:2.9908695435556%

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 12.84g (19.76%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.85g (0.95%), Cholesterol: 56.73mg (18.91%), Sodium: 169.13mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin A: 560.43IU (11.21%), Selenium: 6µg (8.57%), Phosphorus: 71.76mg (7.18%), Calcium: 71.01mg (7.1%), Vitamin B2: 0.11mg (6.6%), Vitamin B12: 0.28µg (4.61%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.48µg (3.18%), Zinc: 0.45mg (3%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.04mg (1.99%), Folate: 7.58µg (1.89%), Potassium: 53.54mg (1.53%), Magnesium: 5.52mg (1.38%), Iron: 0.25mg (1.38%), Vitamin B1: 0.02mg (1.19%)