



WHATSheATE



## Mixer Cheese Biscuits

READY IN



45 min.

SERVINGS



72

CALORIES



48 kcal

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup butter softened
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded extra-sharp

### Equipment

- ☐ baking sheet
- ☐ oven

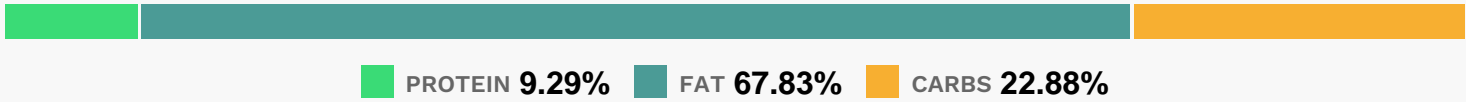
☐

hand mixer

## Directions

- ☐ Beat margarine at medium speed with an electric mixer until creamy; gradually add cheese, beating well.
- ☐ Add flour, salt, and pepper; beat at low speed until blended.
- ☐ Add lemon juice, and beat at medium speed for 20 minutes.
- ☐ Pipe or drop dough by level tablespoonfuls onto ungreased baking sheets.
- ☐ Bake at 300 for 20 minutes or until set.
- ☐ Transfer to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:1.86, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:1.0234782652039%

## Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

## Nutrients (% of daily need)

Calories: 48.22kcal (2.41%), Fat: 3.65g (5.61%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.02g (0.03%), Cholesterol: 3.15mg (1.05%), Sodium: 66.55mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin A: 150.12IU (3%), Selenium: 2.07µg (2.96%), Calcium: 23.77mg (2.38%), Vitamin B1: 0.03mg (1.9%), Vitamin B2: 0.03mg (1.9%), Phosphorus: 18.95mg (1.89%), Folate: 7.08µg (1.77%), Manganese: 0.02mg (1.22%), Vitamin B3: 0.21mg (1.04%)