



Neiman Marcus Cheddar Cheese Biscuits

 Very Healthy

READY IN



100 min.

SERVINGS



1

CALORIES



3571 kcal

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 4 oz freshly sharp cheddar cheese shredded
- ☐ 1 cup vegetable shortening

Equipment

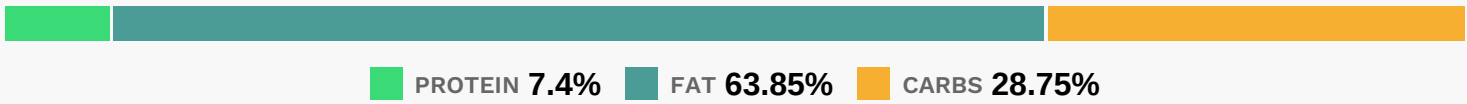
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Whisk together first 3 ingredients in a large bowl.
- ☐ Cut in shortening with a pastry blender until mixture resembles small peas and dough is crumbly; stir in cheese.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 to 4 times.
- ☐ Place dough in a bowl; cover and chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Turn dough out onto a lightly floured surface. Pat or roll dough to 1-inch thickness; cut with a 1 1/2-inch round cutter, and place on parchment paper-lined baking sheets.
- ☐ Bake at 350 for 20 to 22 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:225, Glycemic Load:181.46, Inflammation Score:-10, Nutrition Score:60.598695630613%

Nutrients (% of daily need)

Calories: 3570.7kcal (178.54%), Fat: 254.56g (391.63%), Saturated Fat: 78.07g (487.92%), Carbohydrates: 257.93g (85.98%), Net Carbohydrates: 249.46g (90.71%), Sugar: 12.93g (14.37%), Cholesterol: 139.8mg (46.6%), Sodium: 5241.55mg (227.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.41g (132.81%), Calcium: 2185.77mg (218.58%), Selenium: 146.95µg (209.93%), Vitamin B1: 2.64mg (175.99%), Folate: 607.69µg (151.92%), Phosphorus: 1455.24mg (145.52%), Vitamin B2: 2.46mg (144.51%), Vitamin K: 113.44µg (108.04%), Manganese: 2.16mg (108.01%), Iron: 16.9mg (93.89%), Vitamin B3: 18.73mg (93.62%), Vitamin E: 13.77mg (91.82%), Zinc: 7.27mg (48.46%), Vitamin B5: 4.14mg (41.43%), Vitamin B12: 2.31µg (38.43%), Fiber: 8.47g (33.89%), Magnesium: 128.29mg (32.07%), Vitamin A: 1532.25IU (30.64%), Copper: 0.55mg (27.55%), Vitamin D: 3.8µg (25.34%), Potassium: 749.77mg (21.42%), Vitamin B6: 0.3mg (15.21%)