



One-Bowl Cheddar Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



58 kcal

Ingredients

- 2.3 cups baking mix all-purpose
- 0.3 cup breakstone's cream sour
- 2 Tbsp grey poupon dijon mustard
- 1 eggs beaten
- 2 Tbsp herbs fresh chopped
- 0.3 cup milk
- 12 parsley leaves fresh italian
- 0.5 cup cheddar cheese shredded kraft

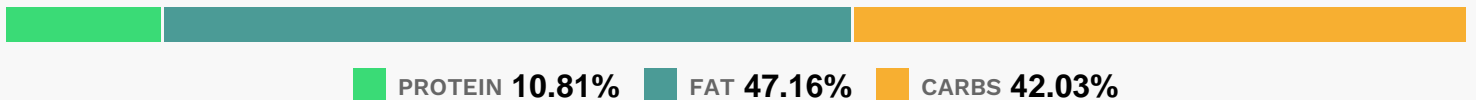
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 425F.
- Combine baking mix, cheese and herbs in large bowl.
- Mix sour cream and mustard in small bowl. Gradually stir in milk.
- Add to baking mix mixture; stir just until moistened.
- Place dough on surface lightly dusted with additional baking mix; knead 10 times. Pat into 1/2-inch-thick circle.
- Cut with 2-inch biscuit cutter dusted with baking mix.
- Place biscuits, 2 inches apart, on baking sheet.
- Brush lightly with egg; top with parsley.
- Brush with remaining egg.
- Bake 12 to 15 min. or until lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.3552173907342%

Flavonoids

Apigenin: 1.41mg, Apigenin: 1.41mg, Apigenin: 1.41mg, Apigenin: 1.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 57.52kcal (2.88%), Fat: 3.01g (4.63%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.78g (2.1%), Sugar: 1.27g (1.41%), Cholesterol: 10.09mg (3.36%), Sodium: 142.17mg (6.18%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin K: 11.44µg (10.89%), Phosphorus: 69.53mg (6.95%), Vitamin B1: 0.06mg (3.82%), Vitamin B2: 0.06mg (3.71%), Calcium: 36.42mg (3.64%), Folate: 13.48µg (3.37%), Selenium: 2.11µg (3.01%), Vitamin A: 116.44IU (2.33%), Vitamin B3: 0.43mg (2.15%), Iron: 0.34mg (1.87%), Manganese: 0.04mg (1.83%), Vitamin B12: 0.09µg (1.43%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.17mg (1.14%), Vitamin C: 0.91mg (1.11%), Magnesium: 4.21mg (1.05%), Fiber: 0.25g (1.01%)