

# Onion Cheese Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



239 kcal

## Ingredients

- 1.5 cups baking mix
- 1 tablespoon butter melted
- 1 eggs
- 0.5 cup milk
- 0.5 cup onion finely chopped
- 1 tablespoon poppy seeds
- 0.8 cup cheddar cheese shredded divided

## Equipment

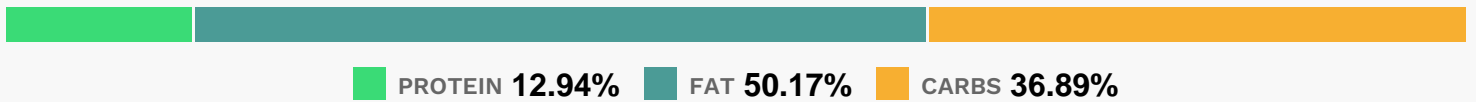
- bowl

- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- In a bowl, combine the milk, egg and butter.
- Add biscuit mix, 1/2 cup cheese and onion. Spoon into six greased muffin cups.
- Sprinkle with poppy seeds and remaining cheese.
- Bake at 400° for 12–14 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:8.0439130793447%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 238.65kcal (11.93%), Fat: 13.3g (20.46%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 20.86g (7.58%), Sugar: 5.16g (5.73%), Cholesterol: 49.46mg (16.49%), Sodium: 509.24mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Phosphorus: 292.73mg (29.27%), Calcium: 207.88mg (20.79%), Vitamin B2: 0.26mg (15.34%), Vitamin B1: 0.21mg (14%), Selenium: 9.18µg (13.11%), Folate: 47.75µg (11.94%), Manganese: 0.22mg (11.2%), Vitamin B12: 0.45µg (7.43%), Vitamin B3: 1.43mg (7.13%), Zinc: 1.02mg (6.8%), Iron: 1.16mg (6.43%), Vitamin A: 273.85IU (5.48%), Vitamin B5: 0.54mg (5.36%), Magnesium: 21.22mg (5.3%), Fiber: 1.15g (4.6%), Copper: 0.09mg (4.3%), Vitamin B6: 0.08mg (3.86%), Potassium: 131.21mg (3.75%), Vitamin D: 0.46µg (3.03%), Vitamin K: 2.59µg (2.47%), Vitamin E: 0.32mg (2.1%), Vitamin C: 1.09mg (1.32%)