



Pimento Cheese Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



54 kcal

Ingredients

- ☐ 0.5 cup butter chilled cut into 1/4-inch-thick slices
- ☐ 2 tablespoons butter melted
- ☐ 1 cup buttermilk
- ☐ 4 oz pimento diced drained
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 2.3 cups self-rising soft-wheat flour
- ☐ 100 servings additional self-rising soft-wheat flour

Equipment

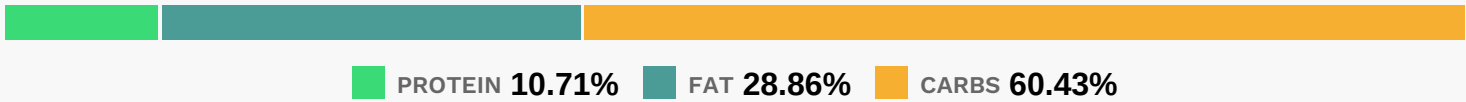
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Combine shredded cheese and 2 1/4 cups flour in a large bowl.
- ☐ Sprinkle butter slices over cheese mixture; toss gently.
- ☐ Cut butter into flour with a pastry blender until crumbly and mixture resembles small peas. Cover and chill 10 minutes.
- ☐ Combine buttermilk and diced pimento; add buttermilk mixture to flour mixture, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface; knead 3 or 4 times, gradually adding additional flour as needed. With floured hands, press or pat dough into a 3/4-inch-thick rectangle (about 9"x5").
- ☐ Sprinkle top of dough with additional flour. Fold dough over onto itself in 3 sections, starting with one short end. (Fold dough rectangle as if folding a letter-size piece of paper.) Repeat procedure 2 more times, beginning with pressing into a 3/4-inch-thick dough rectangle (about 9"x5"). Press or pat dough to 1/2-inch thickness on a lightly floured surface; cut with a 2-inch round cutter; place side by side on a parchment paper lined or lightly greased 15"x10" jelly-roll pan. (Dough rounds should touch.)
- ☐ Bake at 450 degrees for 13 to 15 minutes or until lightly golden.
- ☐ Remove from oven and brush with 2 tablespoons melted butter.

Nutrition Facts



Properties

Glycemic Index:3.53, Glycemic Load:5.76, Inflammation Score:-1, Nutrition Score:1.8160869518052%

Nutrients (% of daily need)

Calories: 54.1kcal (2.7%), Fat: 1.72g (2.64%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.78g (2.83%), Sugar: 0.19g (0.21%), Cholesterol: 4.44mg (1.48%), Sodium: 19.41mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Selenium: 3.92µg (5.6%), Vitamin B1: 0.08mg (5.51%),

Folate: 19.35µg (4.84%), Vitamin B2: 0.06mg (3.61%), Manganese: 0.07mg (3.58%), Vitamin B3: 0.62mg (3.1%), Iron: 0.5mg (2.8%), Phosphorus: 18.93mg (1.89%), Vitamin A: 80.75IU (1.62%), Vitamin C: 1.18mg (1.43%), Calcium: 12.72mg (1.27%), Fiber: 0.3g (1.22%)