



Potato-and-Cheese Biscuits

READY IN



45 min.

SERVINGS



9

CALORIES



152 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large egg white lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup green onions minced
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons stick margarine chilled cut into small pieces
- ☐ 1 tablespoon water cold

☐ 1 cup yukon gold red cubed peeled (1-inch)

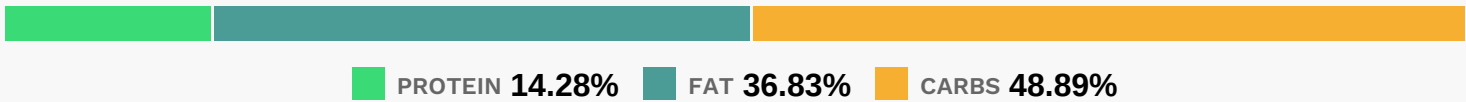
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Cook the potato in boiling water 15 minutes or until very tender.
- ☐ Drain well; mash potato, and cool.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a bowl; cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add mashed potato, cheese, buttermilk, and green onions; stir just until moist.
- ☐ Turn dough out onto a floured surface, and knead lightly 5 times.
- ☐ Roll dough to a 3/4-inch thickness, and cut with a 3-inch biscuit cutter.
- ☐ Place on a baking sheet.
- ☐ Combine water and egg white, and brush over biscuits.
- ☐ Bake at 425 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:11.83, Inflammation Score:-3, Nutrition Score:5.7126087520434%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 152.45kcal (7.62%), Fat: 6.23g (9.58%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 17.82g (6.48%), Sugar: 0.92g (1.03%), Cholesterol: 9.98mg (3.33%), Sodium: 340.67mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Selenium: 10.8µg (15.43%), Calcium: 141.8mg (14.18%), Vitamin B1: 0.18mg (11.97%), Folate: 44.23µg (11.06%), Vitamin B2: 0.19mg (11.01%), Phosphorus: 104.54mg (10.45%), Manganese: 0.16mg (8.01%), Vitamin B3: 1.36mg (6.79%), Iron: 1.19mg (6.62%), Vitamin K: 6.29µg (5.99%), Vitamin A: 246.77IU (4.94%), Zinc: 0.59mg (3.92%), Fiber: 0.78g (3.11%), Potassium: 102.83mg (2.94%), Magnesium: 11.75mg (2.94%), Copper: 0.05mg (2.47%), Vitamin B12: 0.14µg (2.27%), Vitamin B5: 0.2mg (2.02%), Vitamin B6: 0.04mg (1.83%), Vitamin C: 1.38mg (1.67%), Vitamin E: 0.21mg (1.39%)