



## Quick Cheese Biscuits

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



87 kcal

### Ingredients

- 2 cups baking mix
- 2 tablespoons butter melted
- 0.5 teaspoon garlic powder
- 0.7 cup milk
- 0.5 cup cheddar cheese shredded

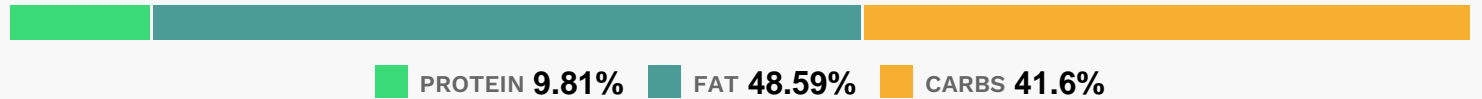
### Equipment

- bowl
- baking sheet
- oven

## Directions

- In a bowl, stir in the biscuit mix, milk and cheese just until moistened. Drop by tablespoonfuls onto an ungreased baking sheet.
- Mix butter and garlic powder; brush over biscuits.
- Bake at 475° for 8 to 10 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:6.67, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.4669565372169%

## Nutrients (% of daily need)

Calories: 86.72kcal (4.34%), Fat: 4.67g (7.19%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 9g (3%), Net Carbohydrates: 8.71g (3.17%), Sugar: 2g (2.22%), Cholesterol: 7.83mg (2.61%), Sodium: 204.15mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Phosphorus: 102.22mg (10.22%), Calcium: 57.61mg (5.76%), Vitamin B1: 0.08mg (5.54%), Vitamin B2: 0.09mg (5.01%), Folate: 17.41µg (4.35%), Vitamin B3: 0.62mg (3.09%), Selenium: 2.1µg (2.99%), Manganese: 0.05mg (2.34%), Vitamin B12: 0.14µg (2.28%), Iron: 0.38mg (2.11%), Vitamin A: 85.5IU (1.71%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.24mg (1.57%), Magnesium: 5.36mg (1.34%), Fiber: 0.29g (1.15%), Potassium: 39.07mg (1.12%), Copper: 0.02mg (1.11%), Vitamin K: 1.08µg (1.03%)