



Red Pepper Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

Ingredients

- ☐ 2.8 cups baking mix
- ☐ 2 tablespoons butter melted
- ☐ 0.8 teaspoon garlic powder
- ☐ 1 cup milk
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 cup cheddar cheese shredded

Equipment

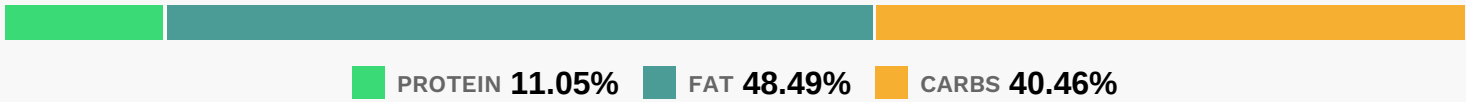
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine biscuit mix, pepper, and 1/2 teaspoon garlic powder in a large bowl. With a fork, stir in milk and cheese until mixture forms a soft dough. Drop by 1/4 cupfuls onto greased cookie sheet.
- ☐ Combine butter and remaining 1/4 teaspoon garlic powder, and brush on top of biscuits.
- ☐ Bake for 10 to 12 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:5.5404348622846%

Nutrients (% of daily need)

Calories: 185.91kcal (9.3%), Fat: 9.99g (15.37%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 18.14g (6.6%), Sugar: 4.22g (4.69%), Cholesterol: 17.42mg (5.81%), Sodium: 436.69mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Phosphorus: 226.13mg (22.61%), Calcium: 141.79mg (14.18%), Vitamin B1: 0.17mg (11.56%), Vitamin B2: 0.19mg (11.27%), Folate: 36.53µg (9.13%), Selenium: 5.2µg (7.43%), Vitamin B3: 1.29mg (6.44%), Vitamin B12: 0.32µg (5.35%), Manganese: 0.1mg (4.93%), Iron: 0.8mg (4.46%), Vitamin A: 211.41IU (4.23%), Zinc: 0.61mg (4.03%), Vitamin B5: 0.36mg (3.63%), Magnesium: 12.17mg (3.04%), Potassium: 87mg (2.49%), Fiber: 0.62g (2.49%), Copper: 0.05mg (2.37%), Vitamin B6: 0.04mg (2.24%), Vitamin K: 2.33µg (2.22%), Vitamin D: 0.28µg (1.87%), Vitamin E: 0.2mg (1.36%)