



Sage and Cheese Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1 teaspoon ground sage
- ☐ 2 tablespoons butter
- ☐ 0.5 ounce monterrey jack cheese shredded reduced-fat
- ☐ 0.3 teaspoon salt

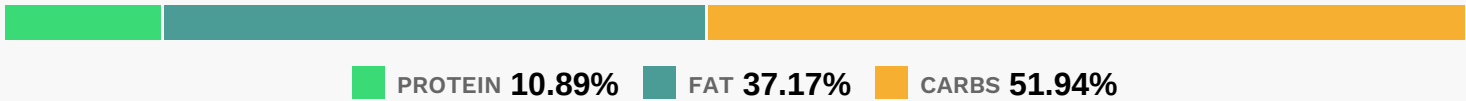
Equipment

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

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients in a large bowl; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add milk and cheese, stirring just until dry ingredients are moistened.
- ☐ Sprinkle 1 1/2 teaspoons flour over work surface. Turn dough out onto floured surface, and knead 10 to 12 times.
- ☐ Roll dough to 1/2-inch thickness; cut into rounds using a 2-inch biscuit cutter.
- ☐ Place rounds on an ungreased baking sheet.
- ☐ Bake at 450 for 8 to 10 minutes or until biscuits are golden.
- ☐ Serve warm.
- ☐ Tip: For baking success, use this method to correctly measure flour: Fluff the flour with a fork, lightly spoon it into a dry measuring cup, and level with a straight edge.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:3.4043478726045%

Nutrients (% of daily need)

Calories: 104.7kcal (5.24%), Fat: 4.31g (6.63%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 13.1g (4.76%), Sugar: 1.11g (1.23%), Cholesterol: 4.62mg (1.54%), Sodium: 207.26mg (9.01%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Calcium: 88.53mg (8.85%), Vitamin B1: 0.13mg (8.75%), Selenium: 5.93µg (8.47%), Folate: 30.51µg (7.63%), Vitamin B2: 0.12mg (7.09%), Phosphorus: 63.76mg (6.38%), Manganese: 0.11mg (5.73%), Vitamin B3: 0.97mg (4.84%), Iron: 0.86mg (4.81%), Vitamin A: 164.82IU (3.3%), Fiber: 0.45g (1.79%), Magnesium: 6.93mg (1.73%), Zinc: 0.25mg (1.65%), Potassium: 52.55mg (1.5%), Vitamin B5: 0.14mg (1.44%), Copper: 0.03mg (1.3%)