



Sour Cream, Cheddar, and Green Onion Drop Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 3 tablespoons butter chilled cut into small pieces
- 1 cup nonfat buttermilk fat-free
- 2 cups flour all-purpose
- 0.3 cup spring onion finely chopped
- 1 teaspoon salt

- 3 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 cup cream fat-free sour
- 1 tablespoon sugar

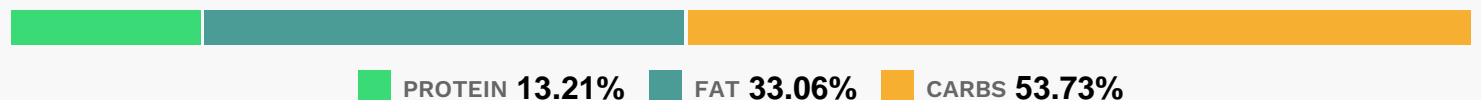
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

Directions

- Preheat oven to 45
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, baking powder, salt, and baking soda in a large bowl, stirring with a whisk.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add cheese and onions; toss well.
- Add buttermilk and sour cream; stir just until moist.
- Drop dough by 1/4 cupfuls onto a baking sheet coated with cooking spray.
- Bake at 450 for 15 minutes or until edges are brown.
- Remove biscuits from pan; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:28.84, Glycemic Load:12.45, Inflammation Score:-3, Nutrition Score:4.7226086971552%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 149.3kcal (7.46%), Fat: 5.46g (8.4%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 19.35g (7.04%), Sugar: 2.15g (2.39%), Cholesterol: 15.87mg (5.29%), Sodium: 388.52mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Selenium: 9.63µg (13.76%), Vitamin B1: 0.17mg (11.38%), Calcium: 109.42mg (10.94%), Folate: 42.11µg (10.53%), Vitamin B2: 0.15mg (8.92%), Phosphorus: 80.28mg (8.03%), Manganese: 0.15mg (7.34%), Vitamin B3: 1.25mg (6.26%), Iron: 1.09mg (6.03%), Vitamin K: 4.79µg (4.56%), Vitamin A: 203.69IU (4.07%), Zinc: 0.47mg (3.11%), Fiber: 0.62g (2.47%), Magnesium: 8.13mg (2.03%), Vitamin B12: 0.11µg (1.83%), Copper: 0.04mg (1.79%), Potassium: 46.89mg (1.34%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.16mg (1.06%)