

# Cheddar & Garlic Biscuits

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## Yield: 24 biscuits

5 cups Bisquick baking mix OR  
buttermilk biscuit mix

1 cup (4 ounce) Cheddar cheese,  
shredded

1 3/4 cups chicken broth

2 cloves garlic, minced

## Preparation Time: 15 minutes

### Bake: 10 minutes

Preheat the oven to 450 degrees.

In a medium bowl, stir the Bisquick mix, cheese, broth and garlic with a fork.

Drop in twelve spoonfuls of dough onto a baking sheet. Repeat with the remaining dough on another baking sheet.

Bake for 8 to 12 minutes or until golden brown.

*MAKE-AHEAD: Baked biscuits can be frozen. To reheat, preheat the oven to 365 degrees. Wrap the biscuits loosely in aluminum foil. Bake for 10 minutes or until hot.*

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Per Serving (excluding unknown items): 533 Calories; 40g Fat (68.1% calories from fat); 37g Protein; 5g Carbohydrate; trace Dietary Fiber; 119mg Cholesterol; 2040mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 5 Fat.

Miscellaneous

## Per Serving Nutritional Analysis

Calories (kcal):	533
% Calories from Fat:	68.1%
% Calories from Carbohydrates:	3.8%
% Calories from Protein:	28.1%
Total Fat (g):	40g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	119mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	37g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	29mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	5

**Sodium (mg):** 2040mg  
**Potassium (mg):** 497mg  
**Calcium (mg):** 846mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1201IU  
**Vitamin A (r.e.):** 360 1/2RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 533                      **Calories from Fat:** 363

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### % Daily Values\*

<b>Total Fat</b> 40g	62%
Saturated Fat 25g	123%
<b>Cholesterol</b> 119mg	40%
<b>Sodium</b> 2040mg	85%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber trace	0%
<b>Protein</b> 37g	
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<b>Vitamin A</b>	24%
<b>Vitamin C</b>	3%
<b>Calcium</b>	85%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.