

Cheese Biscuits

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

2 cups Bisquick biscuit mix
2/3 cup milk
1/2 cup sharp Cheddar cheese,
grated
1/4 cup margarine
1/4 teaspoon garlic powder

Preheat the oven to 425 or 450 degrees.

In a bowl, mix the Bisquick and milk.

Add the cheese.

Drop by tablespoons on a baking sheet.

Bake for 8 to 10 minutes.

In a bowl, mix the margarine and garlic powder.
Brush on top of the biscuits when they are done.

Per Serving (excluding unknown items): 736 Calories; 70g Fat (84.3% calories from fat); 20g Protein; 9g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 964mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 12 1/2 Fat.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	736
% Calories from Fat:	84.3%
% Calories from Carbohydrates:	5.0%
% Calories from Protein:	10.8%
Total Fat (g):	70g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	29g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	81mg
Carbohydrate (g):	9g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	19mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 20g
Sodium (mg): 964mg
Potassium (mg): 331mg
Calcium (mg): 619mg
Iron (mg): trace
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2821IU
Vitamin A (r.e.): 693RE

Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 12 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 736 Calories from Fat: 620

% Daily Values*

Total Fat	70g	107%
Saturated Fat	23g	116%
Cholesterol	81mg	27%
Sodium	964mg	40%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	0%
Protein	20g	
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Vitamin A		56%
Vitamin C		3%
Calcium		62%
Iron		3%

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