

Easy Cheddar Sage Biscuits

Teresa Blackburn
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Yield: 10 biscuits

2 cups self-rising flour
1/2 cup plain, low-fat Greek yogurt
1/4 cup whole milk
1/2 cup shredded Cheddar cheese
1 tablespoon fresh sage, chopped

Preheat the oven to 400 degrees.

Place the self-rising flour in a mixing bowl, making a "well" in the center with a fork.

In a bowl, whisk together the yogurt and milk. Gently pour into the flour well. Add the cheese and sage. Blend with a fork. (The dough should be a bit wet and sticky.) Add a bit more milk if necessary.

Turn the dough out onto a floured milk surface. Shake the flour over the top and gently pat out the dough to about 1/2-inch thick. Cut into rounds with a three-inch cutter that's been dipped in flour. Place the rounds on a baking sheet or greased cast-iron skillet with the sides touching.

Bake for 15 to 20 minutes, until the biscuits are golden brown.

If you don't have self-rising flour, use two cups of all-purpose flour, three teaspoons of baking powder and one-half teaspoon of salt.

Per Serving (excluding unknown items): 1151 Calories; 23g Fat (18.5% calories from fat); 41g Protein; 189g Carbohydrate; 8g Dietary Fiber; 68mg Cholesterol; 3556mg Sodium. Exchanges: 12 1/2 Grain(Starch); 2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1151	Vitamin B6 (mg):	.2mg
% Calories from Fat:	18.5%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	67.0%	Thiamin B1 (mg):	1.7mg

% Calories from Protein: 14.5%
Total Fat (g): 23g
Saturated Fat (g): 14g
Monounsaturated Fat (g): 6g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 68mg
Carbohydrate (g): 189g
Dietary Fiber (g): 8g
Protein (g): 41g
Sodium (mg): 3556mg
Potassium (mg): 463mg
Calcium (mg): 1332mg
Iron (mg): 12mg
Zinc (mg): 4mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 701IU
Vitamin A (r.e.): 205 1/2RE

Riboflavin B2 (mg): 1.3mg
Folacin (mcg): 118mcg
Niacin (mg): 15mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 12 1/2
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1151 **Calories from Fat:** 213

% Daily Values*

Total Fat 23g	36%
Saturated Fat 14g	68%
Cholesterol 68mg	23%
Sodium 3556mg	148%
Total Carbohydrates 189g	63%
Dietary Fiber 8g	33%
Protein 41g	
Vitamin A	14%
Vitamin C	1%
Calcium	133%
Iron	67%

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