

## Low-Carb Cheesy Garlic Biscuits



### Ingredients

4 eggs  
 1/4 cup butter melted  
 1/4 tsp salt  
 2 tsp garlic powder  
 1/4 tsp onion powder  
 1/2 tsp Live by Heart Artisan Spice Blend  
 1/3 cup coconut flour  
 1/2 tsp xanthan gum (optional)  
 1/4 tsp baking powder  
 1/2 cup cheddar cheese grated

### Directions

Preheat oven to 400 degrees

Whisk together eggs, butter, salt, Artisan Spice Blend, garlic Powder, and Onion powder. In a separate bowl, mix coconut flour with baking soda and xanthan gum. Drop dough by tablespoonfuls onto greased baking sheet.

Cook in 400-degree oven for 15 minutes or until golden brown

Makes 10 Biscuits

Nutrition Facts	
Servings: 10	
Amount per serving	
<b>Calories</b>	<b>93</b>
	% Daily Value*
<b>Total Fat</b> 8.3g	11%
Saturated Fat 4.7g	24%
<b>Cholesterol</b> 84mg	28%
<b>Sodium</b> 156mg	7%
<b>Total Carbohydrate</b> 1.1g	0%
Dietary Fiber 0.4g	1%
Total Sugars 0.4g	
<b>Protein</b> 3.8g	
Vitamin D 10mcg	50%
Calcium 58mg	4%
Iron 0mg	2%
Potassium 50mg	1%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**