



## Angel Biscuits

READY IN



45 min.

SERVINGS



30

CALORIES



157 kcal

DESSERT

## Ingredients

- 1.3 ounce yeast dry dissolved in 1/4 cup very warm water (105° to 115°f.)
- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 5 cups flour all-purpose sifted fine (preferably a southern flour; see headnote)
- 1 cup shortening packed
- 2 teaspoons salt
- 0.3 cup sugar

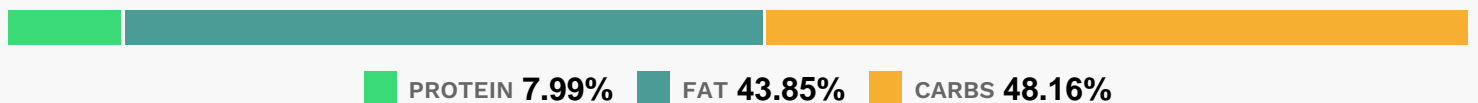
## Equipment

- baking sheet
- oven
- mixing bowl
- blender
- rolling pin

## Directions

- Preheat the oven to 400°F.
- Sift the flour, baking powder, baking soda, sugar, and salt into a large mixing bowl. Using a pastry blender, cut in the shortening until the texture of coarse meal.
- Add the buttermilk and yeast mixture and toss briskly with a fork just until the mixture forms a soft dough.
- Turn the dough onto a well-floured surface and with floured hands, knead lightly for about a minute. With a floured rolling pin, roll the dough out until 5/8 inch thick; then, using a well-floured 2 1/2- to 2 3/4-inch cutter, cut into rounds.
- Place on ungreased baking sheets, spacing about 1 1/2 inches apart. Gather scraps, reroll, and cut as before.
- Bake in the lower third of the oven for 15 to 18 minutes or until the biscuits are nicely puffed and pale tan on top.
- Serve at once with plenty of butter.
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- Collins

## Nutrition Facts



## Properties

Glycemic Index: 8.94, Glycemic Load: 13.01, Inflammation Score: -2, Nutrition Score: 5.0273912834085%

## Nutrients (% of daily need)

Calories: 156.63kcal (7.83%), Fat: 7.66g (11.79%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 18.06g (6.57%), Sugar: 2.5g (2.78%), Cholesterol: 1.76mg (0.59%), Sodium: 252.02mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin B1: 0.3mg (20.16%), Folate: 66.57µg (16.64%), Selenium: 7.76µg (11.08%), Vitamin B2: 0.18mg (10.47%), Vitamin B3: 1.72mg (8.6%), Manganese: 0.15mg (7.35%), Iron: 1.05mg (5.82%), Phosphorus: 52.39mg (5.24%), Calcium: 45.56mg (4.56%), Vitamin B5: 0.36mg (3.58%), Vitamin K: 3.75µg (3.57%), Fiber: 0.88g (3.52%), Vitamin E: 0.44mg (2.95%), Zinc: 0.3mg (2.01%), Copper: 0.04mg (1.97%), Magnesium: 6.93mg (1.73%), Vitamin B6: 0.03mg (1.64%), Potassium: 55.32mg (1.58%), Vitamin D: 0.21µg (1.39%), Vitamin B12: 0.07µg (1.24%)