

Angel Biscuits

READY IN



45 min.

SERVINGS



20

CALORIES



275 kcal

DESSERT

Ingredients

- 1 package yeast dry
- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 7 cups cake flour all-purpose
- 1 teaspoon salt
- 0.3 cup sugar
- 1 cup shortening
- 3 tablespoons water (105°F. to 115°F.)

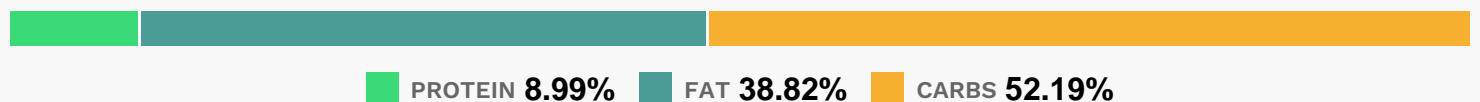
Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- pastry cutter

Directions

- Dissolve the yeast and a pinch of sugar in the warm water. Into a large bowl sift the baking soda, baking powder, salt, and the remainder of the sugar, with 6 cups of the flour.
- Cut the shortening into the dry ingredients with two forks, a pastry cutter, or your fingers until the size of garden peas.
- Add the yeast mixture to the buttermilk and stir into the flour mixture until all the flour is barely moistened to make a sticky dough. Cover with plastic wrap and refrigerate overnight or up to a week before using.
- When ready to cook, preheat the oven to 425°F.
- Place about 1 cup additional flour on the work surface.
- Place the sticky dough on top of the flour and sprinkle with more flour. Pat out into a round 1/3 inch thick and then fold over to a height of 2/3 inch. Using a 2 1/2-inch biscuit cutter, cut out the biscuits. If you desire a 1 1/2-inch round, make the dough thinner—a total of 1/2 inch.
- Place the biscuits, their sides touching, on the baking sheet.
- Bake 10 to 12 minutes, until lightly tinged with brown.
- The biscuits can be kept frozen up to 3 months.
- Nathalie Dupree's Comfortable Entertaining by Nathalie Dupree
- Viking

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:22.82, Inflammation Score:-1, Nutrition Score:5.2047826077627%

Nutrients (% of daily need)

Calories: 274.51kcal (13.73%), Fat: 11.81g (18.16%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 34.56g (12.57%), Sugar: 3.8g (4.22%), Cholesterol: 2.64mg (0.88%), Sodium: 261.39mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Selenium: 18.3µg (26.14%), Manganese: 0.35mg (17.45%), Phosphorus: 78.21mg (7.82%), Calcium: 69.79mg (6.98%), Folate: 23.83µg (5.96%), Vitamin B1: 0.09mg (5.79%), Vitamin E: 0.82mg (5.47%), Vitamin K: 5.66µg (5.39%), Vitamin B2: 0.08mg (4.82%), Fiber: 1.15g (4.58%), Copper: 0.09mg (4.39%), Vitamin B5: 0.4mg (4%), Magnesium: 13.71mg (3.43%), Zinc: 0.49mg (3.28%), Vitamin B3: 0.6mg (3%), Iron: 0.48mg (2.69%), Potassium: 79.69mg (2.28%), Vitamin D: 0.31µg (2.08%), Vitamin B12: 0.11µg (1.84%), Vitamin B6: 0.03mg (1.51%)