



## Angel Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



156 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 22.5 ounces flour all-purpose
- ☐ 2 cups buttermilk low-fat
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup shortening

☐ 0.5 cup water (100° to 110°)

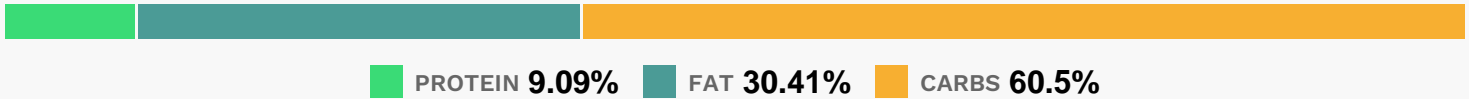
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Dissolve the yeast in 1/2 cup warm water in a small bowl, and let stand for 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a large bowl.
- ☐ Cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add yeast mixture and buttermilk to flour mixture; stir just until moist. Cover and chill 1 hour.
- ☐ Preheat oven to 45
- ☐ Turn the dough out onto a heavily floured surface; knead lightly 5 times.
- ☐ Roll dough to a 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- ☐ Place the biscuits on a baking sheet coated with cooking spray.
- ☐ Brush the melted butter over the biscuit tops.
- ☐ Bake at 450 for 12 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:11.96, Glycemic Load:16.17, Inflammation Score:-2, Nutrition Score:4.7208695236755%

## Nutrients (% of daily need)

Calories: 155.74kcal (7.79%), Fat: 5.25g (8.07%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 22.68g (8.25%), Sugar: 3.11g (3.45%), Cholesterol: 2.05mg (0.68%), Sodium: 194.63mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin B1: 0.25mg (16.56%), Folate: 56.48µg (14.12%), Selenium: 9.45µg (13.5%), Vitamin B2: 0.17mg (10.26%), Manganese: 0.18mg (9.15%), Vitamin B3: 1.7mg (8.49%), Iron: 1.27mg (7.07%), Phosphorus: 52.15mg (5.22%), Calcium: 37.48mg (3.75%), Fiber: 0.8g (3.19%), Vitamin B5: 0.24mg (2.4%), Vitamin K: 2.41µg (2.3%), Copper: 0.04mg (2.14%), Magnesium: 8.31mg (2.08%), Vitamin E: 0.3mg (2.01%), Zinc: 0.29mg (1.96%), Potassium: 61.66mg (1.76%), Vitamin B6: 0.02mg (1.15%)