



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

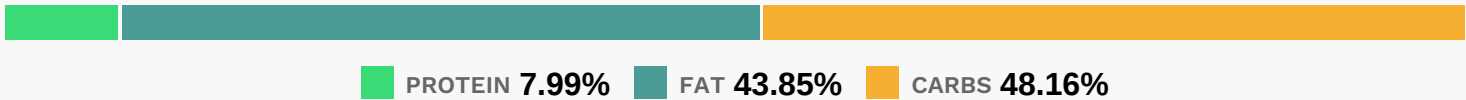
Equipment

- ☐ 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.
- ☐ Reprinted with permission from A Love Affair with Southern Cooking: Recipes and Recollections by Jean Anderson, © 2007 Harper
- ☐ 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: Og (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%)