



WHATSheATE



HEALTH SCORE

59%

Angel Biscuits



Very Healthy

READY IN



32 min.

SERVINGS



1

CALORIES



4340 kcal

DESSERT

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 1.5 cups buttermilk
- ☐ 5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening cut into pieces

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup warm water (105° to 115°)

Equipment

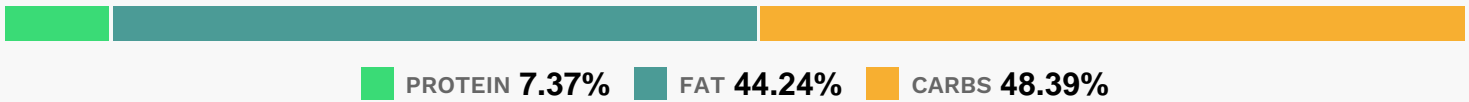
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine yeast and warm water in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Meanwhile, whisk together flour and next 4 ingredients in a large bowl; cut in shortening and butter with a pastry blender until crumbly.
- ☐ Combine yeast mixture and buttermilk, and add to flour mixture, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead about 1 minute.
- ☐ Roll dough to 1/2-inch thickness.
- ☐ Cut with a 2-inch round cutter or into 2-inch squares.
- ☐ Place on 2 ungreased baking sheets.
- ☐ Bake at 400 for 12 to 15 minutes or until golden.
- ☐ Cinnamon-Raisin Angel Biscuits: Substitute 1/4 cup firmly packed brown sugar for 2 Tbsp. sugar. Stir 1 cup baking raisins, 2 tsp. lemon zest, and 1 tsp. ground cinnamon into flour mixture in Step Proceed with recipe as directed.
- ☐ Note: We tested with Sun-Maid Baking Raisins.
- ☐ Time-Saving Tips: Prepare recipe as directed through Step Shape dough into a disk; store in a glass, airtight container in refrigerator up to 5 days.

- ☐ Let stand at room temperature 5 minutes.
- ☐ Roll, cut, and bake as directed in Steps 4– Unbaked biscuits may be frozen on a baking sheet, covered with plastic wrap, 2 hours.
- ☐ Transfer frozen biscuits to a zip-top plastic freezer bag, and freeze up to 1 month.
- ☐ Let stand at room temperature 30 minutes before baking as directed.

Nutrition Facts



Properties

Glycemic Index:318.09, Glycemic Load:370.32, Inflammation Score:-10, Nutrition Score:64.90304346828%

Nutrients (% of daily need)

Calories: 4339.89kcal (216.99%), Fat: 213.21g (328.01%), Saturated Fat: 91.84g (574.02%), Carbohydrates: 524.72g (174.91%), Net Carbohydrates: 505.92g (183.97%), Sugar: 43.28g (48.08%), Cholesterol: 283.63mg (94.54%), Sodium: 5823.1mg (253.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.95g (159.89%), Vitamin B1: 5.88mg (392.08%), Folate: 1331µg (332.75%), Selenium: 227.07µg (324.39%), Vitamin B2: 4.03mg (237.26%), Manganese: 4.31mg (215.36%), Vitamin B3: 40.12mg (200.6%), Iron: 30.71mg (170.61%), Phosphorus: 1316.31mg (131.63%), Calcium: 1246.72mg (124.67%), Fiber: 18.81g (75.22%), Vitamin A: 3430.36IU (68.61%), Vitamin E: 9.54mg (63.62%), Vitamin K: 65.46µg (62.34%), Vitamin B5: 5.88mg (58.84%), Copper: 1.03mg (51.75%), Magnesium: 183.49mg (45.87%), Zinc: 6.42mg (42.82%), Potassium: 1253.03mg (35.8%), Vitamin D: 4.68µg (31.2%), Vitamin B12: 1.85µg (30.9%), Vitamin B6: 0.52mg (25.77%)