



Angel Biscuits

READY IN



45 min.

SERVINGS



30

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 0.3 ounce active 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 a half-and-half mixture of the two packed
- ☐ 2 teaspoons salt
- ☐ 0.3 cup sugar

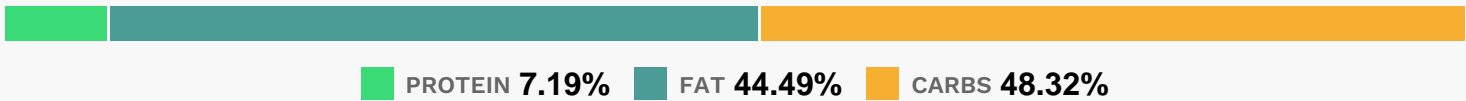
Equipment

- ☐ 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.
- ☐ From the book A Love Affair with Southern Cooking: Recipes and Recollections by Jean Anderson. Copyright © 2007 Jean Anderson. Reprinted by permission of William Morrow Cookbooks, an imprint of Harper
- ☐ Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:8.94, Glycemic Load:13.01, Inflammation Score:-2, Nutrition Score:4.0856521051863%

Nutrients (% of daily need)

Calories: 153.56kcal (7.68%), Fat: 7.59g (11.68%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 17.92g (6.52%), Sugar: 2.5g (2.78%), Cholesterol: 1.76mg (0.59%), Sodium: 251.54mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin B1: 0.2mg (13.23%), Folate: 44.45µg (11.11%), Selenium: 7.68µg (10.98%), Vitamin B2: 0.14mg (8.25%), Manganese: 0.14mg (7.2%), Vitamin B3: 1.34mg (6.7%), Iron: 1.03mg (5.71%), Phosphorus: 46.37mg (4.64%), Calcium: 45.28mg (4.53%), Vitamin K: 3.75µg (3.57%), Vitamin E: 0.44mg (2.95%), Fiber: 0.63g (2.51%), Vitamin B5: 0.23mg (2.3%), Copper: 0.04mg (1.77%), Magnesium: 6.42mg (1.61%), Zinc: 0.23mg (1.51%), Vitamin D: 0.21µg (1.39%), Potassium: 46.29mg (1.32%), Vitamin B12: 0.07µg (1.23%)