



Angel Biscuits

READY IN



32 min.

SERVINGS



16

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoon active yeast dry (half a packet)
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 4 tablespoons shortening
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted cut into pieces

☐ 2 tablespoons warm water

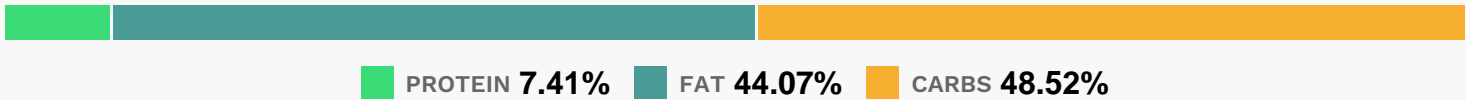
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ stand mixer
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
- ☐ Combine yeast and water and let it stand until foamy.
- ☐ Mix the flour, sugar, baking powder, baking soda and salt in a large mixing bowl.Scatter the shortening and butter over the dry mixture, and with a pastry cutter (or your fingers), cut the fat into the flour mixture until crumbly.
- ☐ Add the yeast mixture and butter milk and stir until ingredients are moistened and everything is blended — but don't over-do it on the mixing.
- ☐ Put the dough under the dough hook of a stand mixer or onto a floured surface and knead for 1 minute.
- ☐ Roll dough to about 1/2 inch thickness and cut into 2 inch circles.Arrange circles on baking sheet and bake for 12 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:11.57, Inflammation Score:-2, Nutrition Score:3.7347826491232%

Nutrients (% of daily need)

Calories: 135.33kcal (6.77%), Fat: 6.62g (10.19%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 15.81g (5.75%), Sugar: 1.35g (1.5%), Cholesterol: 8.76mg (2.92%), Sodium: 195.9mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Vitamin B1: 0.19mg (12.41%), Folate: 42.1µg (10.52%), Selenium: 7.1µg (10.14%), Vitamin B2: 0.13mg (7.46%), Manganese: 0.13mg (6.75%), Vitamin B3: 1.26mg (6.31%), Iron: 0.96mg (5.34%), Phosphorus: 41.26mg (4.13%), Calcium: 38.98mg (3.9%), Fiber: 0.59g (2.37%), Vitamin A: 106.03IU (2.12%), Vitamin E: 0.3mg (1.98%), Vitamin K: 2.04µg (1.94%), Vitamin B5: 0.19mg (1.87%), Copper: 0.03mg (1.65%), Magnesium: 5.75mg (1.44%), Zinc: 0.2mg (1.35%), Vitamin D: 0.2µg (1.32%), Potassium: 39.36mg (1.12%)