

Angel Biscuits I

READY IN



80 min.

SERVINGS



12

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup warm buttermilk 105 to 115 degrees F
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.3 cup warm water 110 degrees F/45 degrees C
- ☐ 2 tablespoons sugar white

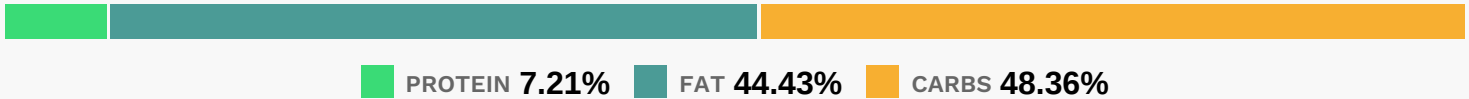
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ In a large bowl combine flour, sugar, baking powder, and salt. With pastry blender or two knives, cut in shortening until mixture resembles course crumbs, set aside.
- ☐ Place warm water in warm bowl.
- ☐ Sprinkle in yeast, stir until dissolved.
- ☐ Add yeast mixture and warm buttermilk to dry ingredients, blend well.
- ☐ Remove dough to floured surface. Knead dough 10 to 15 times, form into ball.
- ☐ Roll dough to 3/4 inch thickness.
- ☐ Cut into 2-1/2 inch biscuits. Cover and let rise until doubled in bulk, about 30 to 45 minutes.
- ☐ Bake at 400 degrees F (205 degrees C) for 15 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:22.34, Glycemic Load:16.04, Inflammation Score:-2, Nutrition Score:5.1073913315068%

Nutrients (% of daily need)

Calories: 189.31kcal (9.47%), Fat: 9.34g (14.38%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 22.02g (8.01%), Sugar: 2.8g (3.11%), Cholesterol: 1.65mg (0.55%), Sodium: 131.74mg (5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin B1: 0.28mg (18.54%), Folate: 62.23µg (15.56%), Selenium: 9.44µg (13.49%), Vitamin B2: 0.18mg (10.5%), Manganese: 0.18mg (9.02%), Vitamin B3: 1.79mg (8.94%), Iron: 1.25mg (6.95%), Phosphorus: 48.29mg (4.83%), Vitamin K: 4.67µg (4.45%), Vitamin E: 0.55mg (3.66%), Fiber: 0.86g (3.45%), Calcium: 31.44mg (3.14%), Vitamin B5: 0.31mg (3.09%), Copper: 0.04mg (2.24%), Magnesium: 7.64mg (1.91%), Zinc: 0.29mg (1.91%), Potassium: 53.85mg (1.54%), Vitamin D: 0.19µg (1.3%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.16%)