

Baking Powder Biscuits

READY IN



25 min.

SERVINGS



10

CALORIES



208 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose
- 0.7 cup milk
- 0.5 teaspoon salt
- 0.5 cup shortening
- 2 tablespoons sugar

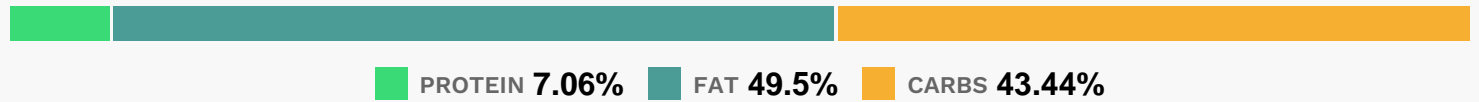
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, combine the flour, sugar, baking powder, and salt.
- Cut in shortening until mixture resembles coarse crumbs. Beat egg and milk; stir into dry ingredients just until moistened.
- Turn onto a lightly floured surface; roll to 1/2-in. thickness.
- Cut with a 2-1/2-in. floured biscuit cutter.
- Place 1 in. apart on an ungreased baking sheet.
- Bake at 450° for 10-12 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:16.07, Inflammation Score:-2, Nutrition Score:5.2730434148208%

Nutrients (% of daily need)

Calories: 207.54kcal (10.38%), Fat: 11.44g (17.6%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 21.91g (7.97%), Sugar: 3.26g (3.62%), Cholesterol: 18.32mg (6.11%), Sodium: 256.84mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Selenium: 10.15µg (14.5%), Vitamin B1: 0.21mg (13.94%), Folate: 47.82µg (11.95%), Vitamin B2: 0.17mg (9.79%), Calcium: 96.93mg (9.69%), Manganese: 0.17mg (8.65%), Phosphorus: 78.43mg (7.84%), Iron: 1.38mg (7.66%), Vitamin B3: 1.5mg (7.48%), Vitamin K: 5.59µg (5.32%), Vitamin E: 0.7mg (4.65%), Vitamin B5: 0.31mg (3.07%), Fiber: 0.68g (2.71%), Vitamin B12: 0.13µg (2.12%), Magnesium: 8.31mg (2.08%), Copper: 0.04mg (1.99%), Zinc: 0.3mg (1.99%), Vitamin D: 0.27µg (1.78%), Potassium: 57.53mg (1.64%), Vitamin B6: 0.03mg (1.43%)