



Baking Powder Biscuits

READY IN



30 min.

SERVINGS



30

CALORIES



49 kcal

Ingredients

- 1 Tbsp calumet baking powder
- 1.8 cups flour
- 0.3 cup butter
- 0.8 cup milk
- 0.5 tsp salt

Equipment

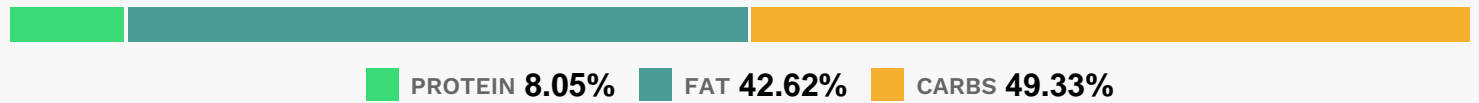
- bowl
- baking sheet
- oven

cookie cutter

Directions

- Preheat oven to 450F.
- Mix flour, baking powder and salt in large bowl.
- Cut in margarine until mixture resembles coarse crumbs.
- Add milk; stir with fork until soft dough forms.
- Place on lightly floured surface; knead 20 times or until smooth. Pat or roll lightly until dough is 1/2-inch thick.
- Cut with floured 2-inch cookie cutter to make 16 biscuits, rerolling dough scraps as necessary.
- Place on ungreased baking sheet.
- Bake 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:4.24, Inflammation Score:-1, Nutrition Score:1.4695652147512%

Nutrients (% of daily need)

Calories: 48.55kcal (2.43%), Fat: 2.3g (3.53%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.78g (2.1%), Sugar: 0.31g (0.35%), Cholesterol: 0.73mg (0.24%), Sodium: 107.41mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin B1: 0.06mg (4.06%), Selenium: 2.59µg (3.7%), Folate: 13.37µg (3.34%), Calcium: 32.88mg (3.29%), Vitamin B2: 0.05mg (2.67%), Manganese: 0.05mg (2.51%), Phosphorus: 23.38mg (2.34%), Vitamin B3: 0.44mg (2.19%), Iron: 0.38mg (2.13%), Vitamin A: 100.1IU (2%)