



## Baking Powder Biscuits

READY IN



45 min.

SERVINGS



10

CALORIES



198 kcal

DESSERT

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.8 cup milk

### Equipment

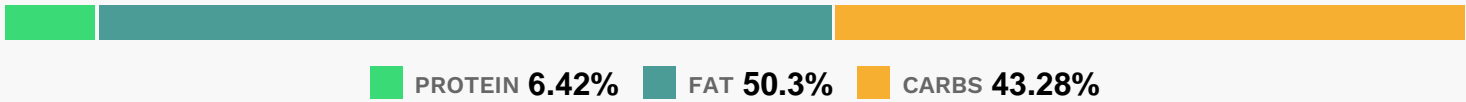
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Heat oven to 450°F. In large bowl, mix flour, sugar, baking powder and salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in milk until dough leaves side of bowl (dough will be soft and sticky).
- ☐ On lightly floured surface, gently roll dough in flour to coat. Knead lightly 10 times.
- ☐ Roll or pat 1/2 inch thick.
- ☐ Cut with floured 2 1/2-inch biscuit cutter. On ungreased cookie sheet, place biscuits about 1 inch apart for crusty sides, touching for soft sides.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet to wire rack.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:15.27, Inflammation Score:-2, Nutrition Score:4.9356521497602%

## Nutrients (% of daily need)

Calories: 197.85kcal (9.89%), Fat: 11.08g (17.05%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 20.78g (7.56%), Sugar: 2.15g (2.38%), Cholesterol: 2.2mg (0.73%), Sodium: 367.62mg (15.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin B1: 0.21mg (13.9%), Selenium: 8.83µg (12.62%), Folate: 45.75µg (11.44%), Calcium: 97.03mg (9.7%), Vitamin B2: 0.15mg (8.76%), Manganese: 0.17mg (8.6%), Vitamin B3: 1.5mg (7.48%), Iron: 1.3mg (7.23%), Phosphorus: 71.78mg (7.18%), Vitamin K: 5.58µg (5.32%), Vitamin E: 0.65mg (4.35%), Fiber: 0.68g (2.71%), Vitamin B5: 0.25mg (2.47%), Magnesium: 8.03mg (2.01%), Copper: 0.04mg (1.83%), Zinc: 0.25mg (1.67%), Vitamin B12: 0.1µg (1.65%), Potassium: 54.51mg (1.56%), Vitamin D: 0.2µg (1.34%), Vitamin B6: 0.02mg (1.11%)