



Baking Powder Biscuits I

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening

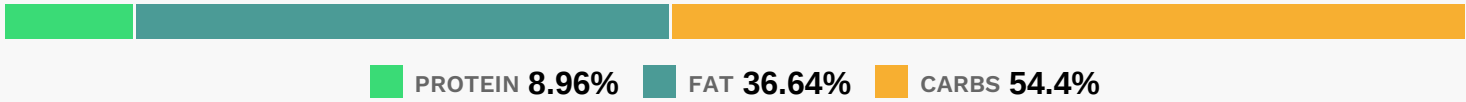
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- ☐ In a bowl mix the flour, baking powder, and salt.
- ☐ Cut in the shortening until the mixture has only pea sized lumps.
- ☐ Add milk and mix until dry mixture is absorbed. Drop dough by heaping spoonfuls onto the prepared baking sheet.
- ☐ Bake for 12 to 15 minutes in the preheated oven, until golden brown.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:12.12, Inflammation Score:-2, Nutrition Score:4.0886956479238%

Nutrients (% of daily need)

Calories: 126.32kcal (6.32%), Fat: 5.13g (7.89%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.56g (6.02%), Sugar: 1.03g (1.15%), Cholesterol: 2.44mg (0.81%), Sodium: 211.21mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin B1: 0.18mg (11.72%), Selenium: 7.45µg (10.64%), Folate: 38.13µg (9.53%), Calcium: 87mg (8.7%), Vitamin B2: 0.13mg (7.7%), Manganese: 0.14mg (7.16%), Phosphorus: 64.95mg (6.49%), Vitamin B3: 1.25mg (6.26%), Iron: 1.08mg (6%), Vitamin K: 2.4µg (2.28%), Fiber: 0.56g (2.26%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.28mg (1.9%), Vitamin B12: 0.11µg (1.83%), Magnesium: 7.3mg (1.82%), Zinc: 0.23mg (1.53%), Copper: 0.03mg (1.52%), Potassium: 53.01mg (1.51%), Vitamin D: 0.22µg (1.49%), Vitamin B6: 0.02mg (1.08%)