



## Baking Powder Biscuits II

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



138 kcal

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.7 cup buttermilk
- 2 cups flour all-purpose
- 1 teaspoon salt
- 0.3 cup vegetable oil

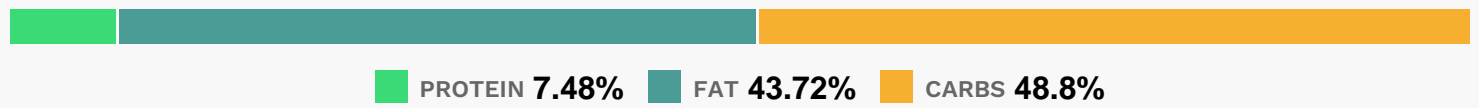
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- In a large bowl, mix together flour, baking powder and salt. Use a fork to blend in the oil.
- Add buttermilk and stir until the dough comes together.
- Roll dough out on a lightly floured surface.
- Cut dough into biscuits.
- Bake in preheated oven for 15 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:11.96, Inflammation Score:-2, Nutrition Score:4.2939130171486%

## Nutrients (% of daily need)

Calories: 138.16kcal (6.91%), Fat: 6.7g (10.31%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 16.26g (5.91%), Sugar: 0.71g (0.79%), Cholesterol: 1.47mg (0.49%), Sodium: 314.21mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin B1: 0.17mg (11.32%), Selenium: 7.56µg (10.8%), Vitamin K: 11.24µg (10.7%), Folate: 38.79µg (9.7%), Calcium: 77.34mg (7.73%), Vitamin B2: 0.13mg (7.4%), Manganese: 0.14mg (7.16%), Vitamin B3: 1.24mg (6.21%), Iron: 1.08mg (6.02%), Phosphorus: 55.74mg (5.57%), Vitamin E: 0.52mg (3.45%), Fiber: 0.56g (2.26%), Copper: 0.03mg (1.68%), Magnesium: 6.19mg (1.55%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.2mg (1.31%), Vitamin D: 0.17µg (1.16%), Potassium: 40.53mg (1.16%), Vitamin B12: 0.06µg (1.02%)