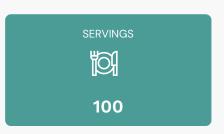


Basic Buttery Biscuits

Vegetarian







Ingredients

	2.3 cups baking mix	all-purpose
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O.3 cup buttermilk

6 tablespoons butter unsalted divided melted

Equipment

baking sheet

oven

Directions

	Stir together baking mix, buttermilk, and 5 tablespoons melted butter just until blended.	
	Turn dough out onto a lightly floured surface, and knead 1 to 2 times. Pat to a 1/2-inch thickness; cut with a 1 1/2-inch round cutter, and place on lightly greased baking sheets.	
	Bake at 450 for 7 to 9 minutes or until lightly browned.	
	Brush tops evenly with remaining 1 tablespoon melted butter.	
	Note: For testing purposes only, we used Bisquick all-purpose baking mix.	
	To make ahead: Freeze unbaked biscuits on a lightly greased baking sheet 30 minutes or until frozen. Store in a zip-top plastic freezer bag up to 3 months.	
	Bake as directed for 8 to 10 minutes.	
	Cranberry-Orange-Glazed Biscuits: Decrease baking mix to 2 cups plus 2 tablespoons.	
	Add 1/2 cup chopped dried cranberries to baking mix. Prepare dough, and bake as directed. Omit 1 tablespoon butter for brushing biscuits after baking. Stir together 6 tablespoons powdered sugar, 1 tablespoon orange juice, and 1/4 teaspoon grated orange rind.	
	Drizzle evenly over warm biscuits.	
	To make ahead: Freeze unbaked biscuits on a lightly greased baking sheet 30 minutes or until frozen. Store in a zip-top plastic freezer bag up to 3 months.	
	Bake as directed for 8 to 10 minutes or until lightly browned. Proceed with recipe as directed.	
Nutrition Facts		

Properties

Glycemic Index:0.31, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.4091304321166%

Nutrients (% of daily need)

Calories: 18.07kcal (0.9%), Fat: 1.12g (1.73%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.35g (0.39%), Cholesterol: 1.95mg (0.65%), Sodium: 35.38mg (1.54%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.25g (0.5%), Phosphorus: 16.68mg (1.67%), Vitamin B1: 0.02mg (1.06%)

PROTEIN 5.5% FAT 55.86% CARBS 38.64%