

Beaten Biscuits

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



51 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 cups flour all-purpose
- 0.3 cup cream light
- 0.3 teaspoon salt
- 1.5 tablespoons granulated sugar white
- 0.3 cup frangelico chilled cut into small pieces
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Equipment

- baking sheet
- oven
- blender
- wooden spoon
- rolling pin

Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- Sift flour, salt, baking powder, and sugar together. Use a fork to "cut" the lard into the flour until it looks like coarse meal. Using a standing mixer, or a wooden spoon, mix the dough as you slowly add the cream.
- Mix well to form the dough into a ball, adding water if needed.
- Place the dough onto a tabletop, and knead slightly. With a mallet or a one-piece rolling pin, beat the dough a few times to form it into a rough rectangle. Fold the dough over, and then beat it out again. Repeat this process until the dough becomes white and blisters form on the surface, about 15 minutes.
- Roll out the dough to about 1/4 inch thick.
- Cut into 2 inch rounds, and prick the top a few times with the tines of a fork.
- Place on greased baking sheets.
- Bake for 15 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:1.5500000085196%

Nutrients (% of daily need)

Calories: 50.52kcal (2.53%), Fat: 1.13g (1.74%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 8.52g (3.1%), Sugar: 0.78g (0.87%), Cholesterol: 3.68mg (1.23%), Sodium: 29.98mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin B1: 0.08mg (5.5%), Selenium: 3.55µg (5.07%), Folate: 19.2µg (4.8%), Manganese: 0.07mg (3.56%), Vitamin B2: 0.06mg (3.28%), Vitamin B3: 0.62mg (3.08%), Iron:

0.49mg (2.72%), Phosphorus: 14.19mg (1.42%), Fiber: 0.28g (1.13%)