



## Beaten Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



73 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 11.3 ounces flour all-purpose
- ☐ 0.3 cup water
- ☐ 0.5 cup milk 1% low-fat cold
- ☐ 24 servings rye flakes
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup shortening chilled

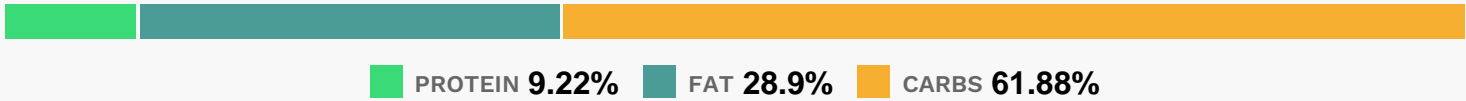
# Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

# Directions

- ☐ Preheat oven to 400.Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, salt, and baking powder in a food processor; pulse 4 times.
- ☐ Add shortening; pulse 6 times or until well blended.
- ☐ Add milk and 1/3 cup ice water; process 1 1/2 minutes. (Dough should have a shiny appearance.) Turn dough out onto a lightly floured surface. Cover and let stand 5 minutes.Uncover dough; roll to about 1/2-inch thickness.
- ☐ Cut dough with a 2-inch round cutter. (Reroll scraps.)
- ☐ Place dough circles on a baking sheet. Pierce tops of dough circles with a fork.
- ☐ Bake at 400 for 18 minutes or until lightly browned.

# Nutrition Facts



# Properties

Glycemic Index:9.88, Glycemic Load:7.47, Inflammation Score:-1, Nutrition Score:2.4995651970739%

# Nutrients (% of daily need)

Calories: 73.29kcal (3.66%), Fat: 2.34g (3.6%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.69g (3.89%), Sugar: 0.46g (0.51%), Cholesterol: 0.25mg (0.08%), Sodium: 59.73mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.16mg (7.9%), Vitamin B1: 0.11mg (7.37%), Selenium: 5.12µg (7.31%), Folate: 24.57µg (6.14%), Vitamin B2: 0.08mg (4.44%), Vitamin B3: 0.85mg (4.23%), Iron: 0.69mg (3.84%), Phosphorus: 27.56mg (2.76%), Fiber: 0.58g (2.34%), Magnesium: 6.05mg (1.51%), Calcium: 13.8mg (1.38%), Copper: 0.03mg (1.34%), Vitamin K: 1.24µg (1.18%), Zinc: 0.17mg (1.14%), Vitamin B5: 0.11mg

(1.05%), Vitamin E: 0.15mg (1.03%)