



food
network

Beer Biscuits

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1076 kcal

DESSERT

Ingredients

- 3 tablespoons double-acting baking powder
- 1 cup beer
- 6 cups flour all-purpose
- 2 teaspoons salt
- 0.8 cup shortening
- 2 tablespoons sugar

Equipment

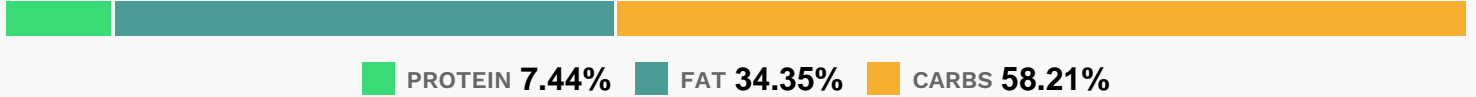
- bowl

- baking sheet
- oven
- knife
- whisk
- mixing bowl

Directions

- Preheat oven to 375 degrees F.
- In a large mixing bowl, mix all ingredients with a whisk until just combined. Using 2 spoons divide dough into 4 even mounds and put on a baking sheet.
- Bake for 8 to 10 minutes until golden brown.
- In a large bowl combine the flour, baking powder and salt.
- Cut in the shortening with a pastry knife or fork until the mixture is well blended. Use in recipes that call for Bisquick or all-purpose mix.

Nutrition Facts



Properties

Glycemic Index:69.4, Glycemic Load:110.83, Inflammation Score:-8, Nutrition Score:31.248695464886%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1075.53kcal (53.78%), Fat: 40.29g (61.99%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 153.64g (51.21%), Net Carbohydrates: 148.56g (54.02%), Sugar: 6.49g (7.22%), Cholesterol: 0mg (0%), Sodium: 2124.45mg (92.37%), Alcohol: 2.3g (100%), Alcohol %: 0.96% (100%), Protein: 19.64g (39.28%), Vitamin B1: 1.48mg (98.83%), Selenium: 63.97µg (91.39%), Folate: 346.67µg (86.67%), Manganese: 1.29mg (64.38%), Vitamin B3: 11.37mg (56.86%), Calcium: 560.49mg (56.05%), Vitamin B2: 0.94mg (55.42%), Iron: 9.74mg (54.13%), Phosphorus:

407.95mg (40.79%), Fiber: 5.08g (20.32%), Vitamin K: 21.01µg (20.01%), Vitamin E: 2.47mg (16.46%), Copper: 0.28mg (13.76%), Magnesium: 47.25mg (11.81%), Vitamin B5: 1.11mg (11.07%), Zinc: 1.32mg (8.82%), Potassium: 218.71mg (6.25%), Vitamin B6: 0.11mg (5.5%)