



Best Buttermilk Biscuits

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup butter-flavored shortening crisco® (such as)
- 1 cup buttermilk
- 2.3 cups self-rising flour

Equipment

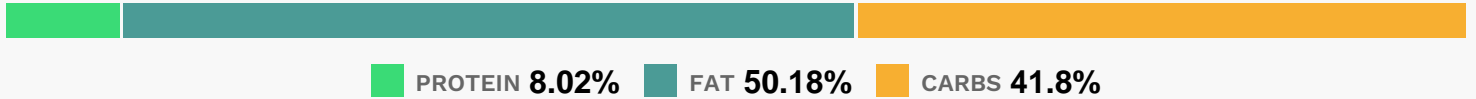
- bowl
- baking sheet
- oven

- knife
- wire rack
- blender

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Sift flour and baking soda together in a large bowl; cut in shortening with a knife or pastry blender until mixture resembles coarse crumbs. Make a well in the center of the mixture and stir in buttermilk until a soft ball forms. Turn the dough out onto a lightly floured surface and knead for 2 to 3 minutes.
- Roll dough out to a 1/2-inch-thick rectangle.
- Cut biscuits out with biscuit cutter and transfer to a baking sheet.
- Bake in preheated oven until tops are light brown and sides begin to darken, about 10 minutes.
- Remove biscuits to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:11.32, Inflammation Score:-1, Nutrition Score:2.8452173989752%

Nutrients (% of daily need)

Calories: 172.52kcal (8.63%), Fat: 9.59g (14.76%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.41g (6.33%), Sugar: 1.05g (1.17%), Cholesterol: 2.2mg (0.73%), Sodium: 44.61mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Selenium: 10.04µg (14.35%), Manganese: 0.19mg (9.32%), Vitamin K: 4.67µg (4.45%), Vitamin E: 0.63mg (4.21%), Phosphorus: 39.73mg (3.97%), Vitamin B2: 0.05mg (2.85%), Calcium: 26.6mg (2.66%), Copper: 0.05mg (2.38%), Vitamin B5: 0.24mg (2.37%), Fiber: 0.56g (2.25%), Folate: 8.73µg (2.18%), Vitamin B1: 0.03mg (1.99%), Magnesium: 7.86mg (1.96%), Zinc: 0.28mg (1.83%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.53%), Potassium: 50.44mg (1.44%), Vitamin B3: 0.25mg (1.26%), Iron: 0.22mg (1.24%)