



food  
network

## Better Buttermilk Biscuits

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup buttermilk
- 2 cups flour all-purpose
- 1 teaspoon salt
- 1 tablespoon sugar
- 0.5 cup vegetable shortening chilled cut into 1/2-inch pieces

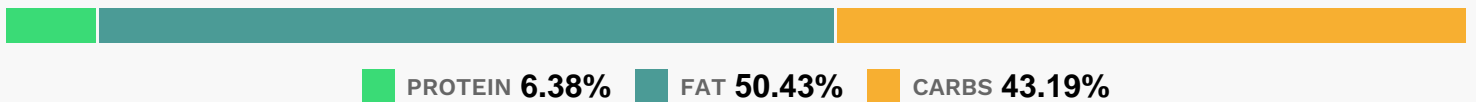
### Equipment

- frying pan
- oven
- mixing bowl
- blender

## Directions

- In a mixing bowl, combine dry ingredients together with a fork.
- Cut in the shortening using a pastry blender until mixture resembles coarse crumbs. Make a well in the center and add buttermilk. Quickly fold dry ingredients into buttermilk with your hands until a sticky dough forms.
- Turn dough out onto floured surface. Gently fold the dough over itself 3 or 4 times to create layers.
- Roll dough out to 3/4-inch thick.
- Cut with a 3-inch biscuit cutter.
- Transfer dough rounds to a sheet pan. Gather scraps and repeat. Make a dimple in the center to help the top rise evenly.
- Brush with butter.
- Bake for 15 minutes in a preheated 400 degree oven until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:44.68, Glycemic Load:25.19, Inflammation Score:-3, Nutrition Score:7.9817391789478%

## Nutrients (% of daily need)

Calories: 329.69kcal (16.48%), Fat: 18.49g (28.45%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 34.49g (12.54%), Sugar: 3.57g (3.97%), Cholesterol: 3.3mg (1.1%), Sodium: 653.15mg (28.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin B1: 0.34mg (22.97%), Selenium: 15.25µg (21.79%), Folate: 77.75µg (19.44%), Vitamin B2: 0.26mg (15.17%), Manganese: 0.29mg (14.33%), Vitamin B3: 2.49mg (12.43%), Calcium: 119.53mg (11.95%), Iron: 2.11mg (11.7%), Phosphorus: 99.71mg (9.97%), Vitamin K: 9.3µg (8.86%), Vitamin E: 1.09mg (7.29%), Fiber: 1.13g (4.51%), Vitamin B5: 0.41mg (4.13%), Copper: 0.07mg (3.4%), Magnesium: 12.54mg (3.13%), Zinc: 0.41mg (2.71%), Vitamin D: 0.39µg (2.6%), Potassium: 85.47mg (2.44%), Vitamin B12: 0.14µg

(2.3%), Vitamin B6: 0.03mg (1.47%)