



Biscuits



Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

12

CALORIES

calories

333 kcal

DESSERT

Ingredients

- ☐ 5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 stick butter cold cut into bits
- ☐ 1.5 cups buttermilk
- ☐ 2 teaspoons cream of tartar
- ☐ 3 cups flour for dusting all-purpose plus more
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 cup powdered milk

- ☐ 2 teaspoons salt
- ☐ 0.5 cup shortening

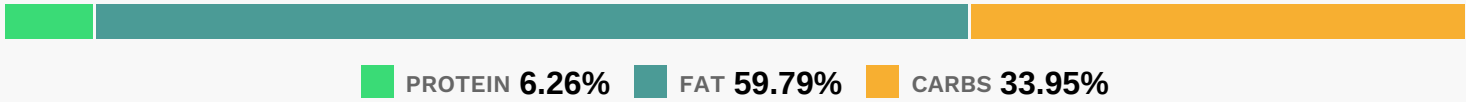
Equipment

- ☐ bowl
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Stir together the flour, powered milk, sugar, baking powder, cream of tartar and salt in a medium bowl.
- ☐ Using a pastry cutter, cut the butter and shortening into the dry mixture until blended thoroughly.
- ☐ Fold in the buttermilk until the dough comes together.
- ☐ On a lightly floured surface, turn out the dough and use hands to press into a circle 1 to 1 1/2 inches thick.
- ☐ Cut out circles with a biscuit cutter or a glass.
- ☐ Place the biscuits in cast-iron skillets, then brush the tops with the melted butter.
- ☐ Bake until golden brown, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:19.44, Inflammation Score:-4, Nutrition Score:7.8552173894385%

Nutrients (% of daily need)

Calories: 332.94kcal (16.65%), Fat: 22.27g (34.25%), Saturated Fat: 10.62g (66.37%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 27.6g (10.04%), Sugar: 3.92g (4.36%), Cholesterol: 37.16mg (12.39%), Sodium:

701.13mg (30.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Vitamin B1: 0.27mg (18.13%), Selenium: 12.44µg (17.77%), Calcium: 173.32mg (17.33%), Folate: 60.43µg (15.11%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 126.78mg (12.68%), Manganese: 0.22mg (10.9%), Vitamin B3: 1.9mg (9.5%), Iron: 1.69mg (9.39%), Vitamin A: 436.21IU (8.72%), Vitamin E: 0.91mg (6.08%), Potassium: 207.55mg (5.93%), Vitamin K: 5.8µg (5.52%), Vitamin D: 0.76µg (5.09%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.41mg (4.05%), Magnesium: 13.65mg (3.41%), Fiber: 0.85g (3.39%), Zinc: 0.47mg (3.12%), Copper: 0.06mg (2.84%), Vitamin B6: 0.04mg (1.79%)