



Biscuits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup lowfat buttermilk for brushing
- ☐ 3 tablespoons nonfat greek yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons butter unsalted cold thinly sliced

Equipment

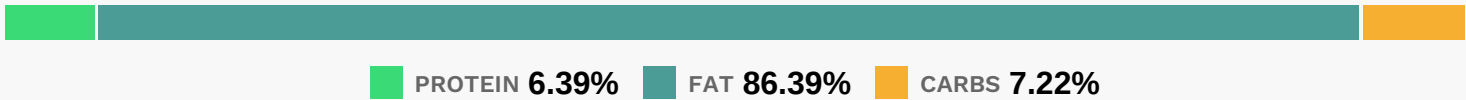
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 425&Deg;F. Line a baking sheet with parchment paper. In a bowl, whisk flour, baking powder, baking soda and salt. Rub butter into flour with fingertips until butter pieces are coated and about the size of peas. Stir in buttermilk and yogurt until just combined. Scrape dough onto a lightly floured surface; very gently shape it into an 8"x 6" rectangle, being careful not to overwork dough.
- ☐ Cut into12 square biscuits.
- ☐ Transfer biscuits to baking sheet; brush tops with buttermilk.
- ☐ Bake until puffed and lightly golden, 15 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.0978260922205%

Nutrients (% of daily need)

Calories: 52.73kcal (2.64%), Fat: 5.19g (7.98%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.78g (0.86%), Cholesterol: 14.2mg (4.73%), Sodium: 229.15mg (9.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Calcium: 60.13mg (6.01%), Vitamin A: 167.93IU (3.36%), Phosphorus: 32.44mg (3.24%), Vitamin B2: 0.04mg (2.09%), Vitamin D: 0.26µg (1.74%), Vitamin B12: 0.1µg (1.63%), Selenium: 0.92µg (1.32%)