



Biscuits

READY IN



45 min.

SERVINGS



10

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 1 cup buttermilk
- ☐ 0.8 cup shortening
- ☐ 1 tablespoon sugar
- ☐ 2 cups self-rising wheat flour soft

Equipment

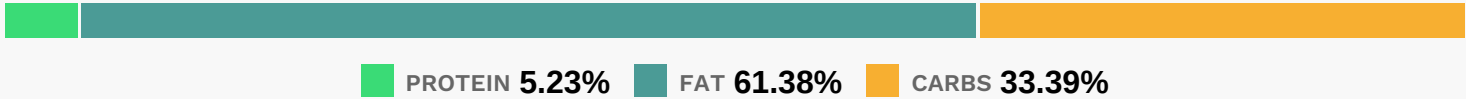
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a large bowl; cut in shortening with pastry blender until mixture is crumbly.
- ☐ Add buttermilk, stirring with a fork until dry ingredients are moistened. (Dough will resemble cottage cheese and be sticky.)
- ☐ Turn dough out onto a heavily floured surface, and knead lightly 4 or 5 times.
- ☐ Roll dough to 3/4-inch thickness; cut with a 2 1/2-inch round cutter. Stack two baking sheets, one on top of the other. Lightly grease top baking sheet.
- ☐ Place biscuits on top baking sheet, and bake at 450 for 10 to 12 minutes or until lightly browned.
- ☐ Brush with butter.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:15.02, Inflammation Score:-2, Nutrition Score:4.9878260726514%

Nutrients (% of daily need)

Calories: 256.51kcal (12.83%), Fat: 17.55g (26.99%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.8g (7.56%), Sugar: 2.44g (2.71%), Cholesterol: 2.64mg (0.88%), Sodium: 44.83mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin B1: 0.21mg (14.05%), Selenium: 9.37µg (13.39%), Folate: 46.96µg (11.74%), Vitamin B2: 0.17mg (9.74%), Manganese: 0.17mg (8.58%), Vitamin K: 8.33µg (7.93%), Vitamin B3: 1.5mg (7.49%), Vitamin E: 1.02mg (6.78%), Iron: 1.18mg (6.58%), Phosphorus: 48.82mg (4.88%), Calcium: 34.87mg (3.49%), Vitamin B5: 0.31mg (3.06%), Fiber: 0.68g (2.7%), Copper: 0.04mg (2.1%), Vitamin D: 0.31µg (2.08%), Magnesium: 7.96mg (1.99%), Vitamin B12: 0.11µg (1.86%), Vitamin A: 89.68IU (1.79%), Zinc: 0.27mg (1.78%), Potassium: 59.77mg (1.71%)