



Biscuits with Milk Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



399 kcal

Ingredients

- ☐ 0.3 cup bacon grease
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1 cups buttermilk
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups flour all-purpose
- ☐ 1.5 cups warm milk
- ☐ 0.3 teaspoons pepper
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted melted
- ☐ 0.5 cup vegetable shortening

Equipment

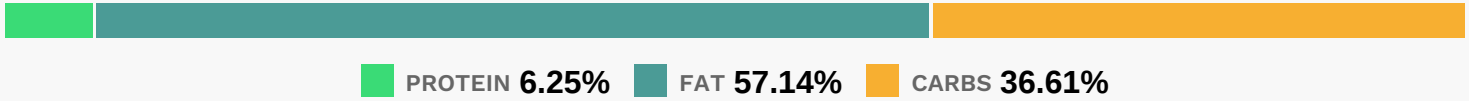
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ In a medium bowl, combine the flour, sugar, baking powder, baking soda and salt.
- ☐ Cut in the shortening with a fork until it looks like cornmeal.
- ☐ Add the milk, a little at a time, stirring constantly until well mixed.
- ☐ Turn the dough out onto a lightly floured surface. Knead lightly two or three times.
- ☐ Roll out the dough with a floured rolling pin to 1/2-inch thickness.
- ☐ Cut with a 2-inch cutter.
- ☐ Place the biscuits in a greased iron skillet. Gently press down top of biscuits.
- ☐ Brush the biscuits with half the melted butter.
- ☐ Bake for 14 minutes or until golden brown.
- ☐ Brush the hot biscuits with the remaining butter. Split the biscuits in half and ladle Milk Gravy over the hot biscuits.
- ☐ Heat bacon grease in a cast iron skillet.
- ☐ Add the flour and whisk until smooth and bubbly about 1 minute.

- ☐ Add the warm milk slowly and bring to a boil. Reduce the heat to a low simmer and stir, until thickened, about 5 minutes, adding milk as necessary to control the thickness. Season the gravy with salt and pepper.
- ☐ Serve hot over biscuits.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:25.38, Inflammation Score:-4, Nutrition Score:8.8339130360147%

Nutrients (% of daily need)

Calories: 399.04kcal (19.95%), Fat: 25.38g (39.05%), Saturated Fat: 10.42g (65.15%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 35.47g (12.9%), Sugar: 5.44g (6.05%), Cholesterol: 30.87mg (10.29%), Sodium: 403mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Vitamin B1: 0.35mg (23.55%), Selenium: 15.46µg (22.09%), Folate: 75.81µg (18.95%), Vitamin B2: 0.3mg (17.41%), Manganese: 0.29mg (14.34%), Calcium: 139.96mg (14%), Phosphorus: 125.26mg (12.53%), Vitamin B3: 2.46mg (12.31%), Iron: 2.02mg (11.22%), Vitamin D: 0.95µg (6.32%), Vitamin A: 310.96IU (6.22%), Vitamin E: 0.92mg (6.14%), Vitamin K: 6.43µg (6.13%), Vitamin B12: 0.32µg (5.37%), Vitamin B5: 0.49mg (4.85%), Fiber: 1.11g (4.45%), Magnesium: 16.26mg (4.06%), Potassium: 133.75mg (3.82%), Zinc: 0.54mg (3.61%), Copper: 0.07mg (3.34%), Vitamin B6: 0.05mg (2.47%)