



Black Pepper-Bacon Biscuits

READY IN



20 min.

SERVINGS



1

CALORIES



2391 kcal

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup butter cold
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups buttermilk
- ☐ 0.3 cup bacon crumbled cooked (5 slices)
- ☐ 2.3 cups self-rising soft-wheat flour
- ☐ 1 serving self-rising soft-wheat flour

Equipment

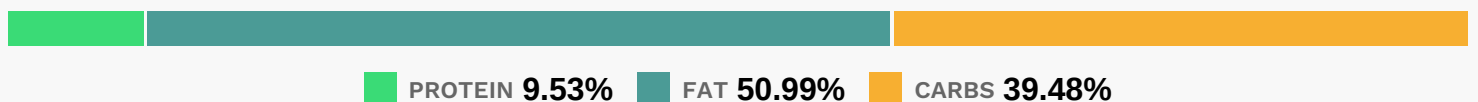
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Combine bacon and pepper with flour in a large bowl.
- ☐ Cut butter with a sharp knife or pastry blender into 1/4-inch-thick slices.
- ☐ Sprinkle butter slices over flour; toss butter with flour mixture.
- ☐ Cut butter into flour with a pastry blender until crumbly and mixture resembles small peas. Cover and chill 10 minutes.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 or 4 times, gradually adding additional flour as needed. With floured hands, press or pat dough into a 3/4-inch-thick rectangle (about 9 x 5 inches).
- ☐ Sprinkle top of dough with additional flour. Fold dough over onto itself in 3 sections, starting with 1 short end. (Fold dough rectangle as if folding a letter-size piece of paper.) Repeat entire process 2 more times, beginning with pressing into a 3/4-inch-thick dough rectangle (about 9 x 5 inches).
- ☐ Press or pat dough to 1/2-inch thickness on a lightly floured surface; cut with a 2-inch round cutter, and place, side by side, on a parchment paper-lined or lightly greased jelly-roll pan. (Dough rounds should touch.)
- ☐ Bake at 450 for 13 to 15 minutes or until lightly browned.
- ☐ Remove from oven; brush with 2 Tbsp. melted butter.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Soft Wheat Flour.

Nutrition Facts



Properties

Glycemic Index:313, Glycemic Load:164.24, Inflammation Score:-10, Nutrition Score:48.074347620425%

Nutrients (% of daily need)

Calories: 2391.09kcal (119.55%), Fat: 135.64g (208.68%), Saturated Fat: 84.29g (526.83%), Carbohydrates: 236.35g (78.78%), Net Carbohydrates: 228.05g (82.93%), Sugar: 15.52g (17.24%), Cholesterol: 391.05mg (130.35%), Sodium: 2361.02mg (102.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.03g (114.05%), Vitamin B1: 2.42mg (161.13%), Selenium: 110.5µg (157.86%), Folate: 548µg (137%), Vitamin B2: 1.99mg (117.3%), Manganese: 2.24mg (111.82%), Vitamin B3: 17.4mg (87%), Vitamin A: 4042.02IU (80.84%), Iron: 13.71mg (76.17%), Phosphorus: 603.97mg (60.4%), Calcium: 431.13mg (43.11%), Fiber: 8.3g (33.21%), Vitamin B12: 1.62µg (27.01%), Vitamin D: 3.9µg (26%), Vitamin B5: 2.59mg (25.88%), Copper: 0.52mg (25.87%), Magnesium: 99.78mg (24.94%), Vitamin E: 3.69mg (24.58%), Potassium: 774.5mg (22.13%), Zinc: 3.31mg (22.08%), Vitamin K: 14.95µg (14.23%), Vitamin B6: 0.25mg (12.26%)