

Brown Sugar Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



215 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar
- 0.3 cup butter softened
- 0.5 cup butter shortening flavored
- 0.3 teaspoon cream of tartar
- 2 cups flour all-purpose
- 5.5 teaspoons ground cinnamon
- 0.7 cup milk

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

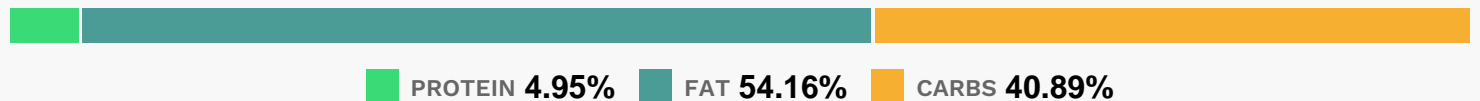
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet, or use parchment paper.
- In a large bowl, combine flour, brown sugar, baking powder, salt and cream of tartar.
- Cut in shortening until mixture resembles coarse crumbs.
- Mix in milk and vanilla. Knead briefly on a floured surface.
- Roll out into a large rectangle, 1/2 inch thick.
- Spread softened butter onto surface of dough.
- Mix together brown sugar and cinnamon; sprinkle evenly over butter.
- Roll tightly, and cut into 12 equal slices.
- Place on prepared baking sheet.
- Bake in preheated oven for 15 to 20 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:12.01, Inflammation Score:-2, Nutrition Score:4.8626086883571%

Nutrients (% of daily need)

Calories: 214.72kcal (10.74%), Fat: 13.03g (20.04%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 21.08g (7.66%), Sugar: 5.22g (5.8%), Cholesterol: 11.79mg (3.93%), Sodium: 192.2mg (8.36%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Protein: 2.68g (5.36%), Manganese: 0.31mg (15.34%), Vitamin B1: 0.17mg (11.55%), Selenium: 7.45µg (10.65%), Folate: 38.37µg (9.59%), Calcium: 92.84mg (9.28%), Vitamin B2: 0.12mg (7.29%), Iron: 1.2mg (6.64%), Vitamin B3: 1.26mg (6.32%), Phosphorus: 60.03mg (6%), Vitamin K: 5.26µg (5.01%), Vitamin E: 0.67mg (4.49%), Fiber: 1.05g (4.21%), Vitamin A: 142.85IU (2.86%), Vitamin B5: 0.21mg (2.15%), Magnesium: 7.58mg (1.89%), Potassium: 64.82mg (1.85%), Copper: 0.04mg (1.79%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.08µg (1.35%), Vitamin B6: 0.02mg (1.05%)