



Butter-Dipped Biscuits

READY IN



35 min.

SERVINGS



9

CALORIES



68 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.8 cup flour all-purpose
- 1 teaspoon sugar
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.3 cup milk

Equipment

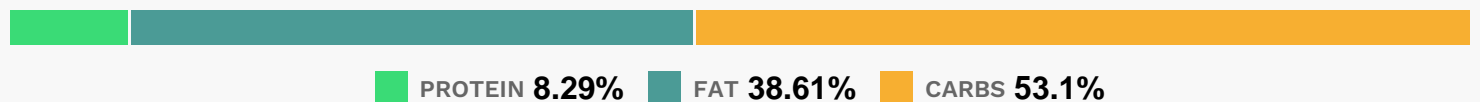
- bowl

- frying pan
- oven
- knife

Directions

- Heat oven to 450°F.
- Heat butter in square pan, 9x9x2 inches, in oven until melted.
- Mix flour, sugar, baking powder and salt in medium bowl.
- Add milk; stir with fork about 30 strokes or just until soft dough forms.
- Turn dough onto well-floured surface.
- Roll dough around to coat with flour. Knead lightly about 10 times.
- Roll or pat into 8-inch square.
- Cut dough into 9 strips with floured knife. Dip each strip into melted butter, coating both sides. Arrange strips close together in pan.
- Bake 15 to 20 minutes or until golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:6.33, Inflammation Score:-2, Nutrition Score:2.039130433989%

Nutrients (% of daily need)

Calories: 67.65kcal (3.38%), Fat: 2.9g (4.46%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.68g (3.16%), Sugar: 0.91g (1.01%), Cholesterol: 1.08mg (0.36%), Sodium: 209.29mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin B1: 0.09mg (5.81%), Selenium: 3.71µg (5.3%), Folate: 19.09µg (4.77%), Calcium: 39.81mg (3.98%), Vitamin B2: 0.07mg (3.83%), Manganese: 0.07mg (3.59%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 30.83mg (3.08%), Iron: 0.53mg (2.96%), Vitamin A: 125.92IU (2.52%), Fiber: 0.28g (1.13%)