

Buttered Biscuits

READY IN



25 min.

SERVINGS



12

CALORIES



151 kcal

Ingredients

- 0.5 cup butter
- 0.7 cup buttermilk
- 2 cups self raising flour

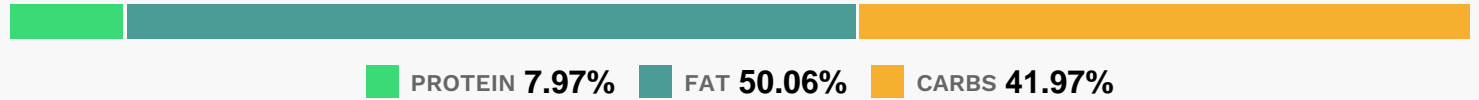
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat an oven to 450 degrees F (230 degrees C). Grease a baking sheet or line it with parchment paper.
- Cut butter into flour until the size of small peas.
- Pour in the buttermilk and stir just until combined.
- Drop by rounded tablespoonfuls on prepared baking sheet.
- Bake until golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:9.99, Inflammation Score:-3, Nutrition Score:2.4860869566708%

Nutrients (% of daily need)

Calories: 151.48kcal (7.57%), Fat: 8.4g (12.92%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 15.35g (5.58%), Sugar: 0.72g (0.79%), Cholesterol: 1.47mg (0.49%), Sodium: 103.61mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Selenium: 8.76µg (12.52%), Manganese: 0.17mg (8.28%), Vitamin A: 360.74IU (7.21%), Phosphorus: 33.72mg (3.37%), Vitamin E: 0.39mg (2.57%), Vitamin B2: 0.04mg (2.29%), Calcium: 21.3mg (2.13%), Copper: 0.04mg (2.06%), Fiber: 0.5g (2%), Folate: 7.64µg (1.91%), Magnesium: 6.83mg (1.71%), Vitamin B1: 0.02mg (1.59%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.5%), Potassium: 42.81mg (1.22%), Vitamin B12: 0.07µg (1.18%), Vitamin D: 0.17µg (1.16%), Vitamin B3: 0.22mg (1.11%), Iron: 0.19mg (1.06%)