



## Buttermilk Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

SIDE DISH

### Ingredients

- 3 cups flour
- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 teaspoon salt
- 2 tablespoons sugar
- 0.8 cup butter unsalted chilled cut into 1/4-inch pieces ()

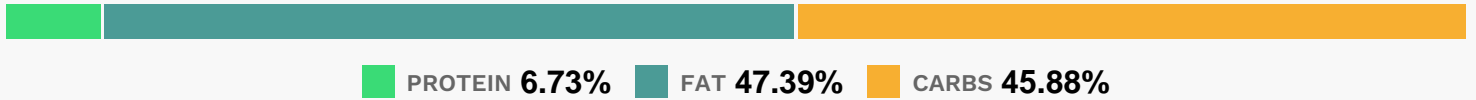
### Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 425°F.
- Whisk flour, sugar, baking powder, salt and baking soda in large bowl to blend. Using fingertips, rub 3/4 cup chilled butter into dry ingredients until mixture resembles coarse meal.
- Add buttermilk and stir until evenly moistened. Using 1/4 cup dough for each biscuit, drop biscuits onto baking sheet, spacing 2 inches apart.
- Bake until biscuits are golden brown on top, about 15 minutes. Cool slightly.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:22.34, Glycemic Load:19.29, Inflammation Score:-4, Nutrition Score:6.0795652607213%

## Nutrients (% of daily need)

Calories: 236.28kcal (11.81%), Fat: 12.48g (19.2%), Saturated Fat: 7.72g (48.23%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 26.35g (9.58%), Sugar: 3.06g (3.41%), Cholesterol: 32.7mg (10.9%), Sodium: 449.53mg (19.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin B1: 0.26mg (17.03%), Selenium: 11.49µg (16.42%), Folate: 58.61µg (14.65%), Vitamin B2: 0.19mg (11.41%), Calcium: 109.58mg (10.96%), Manganese: 0.22mg (10.76%), Vitamin B3: 1.87mg (9.34%), Iron: 1.61mg (8.94%), Phosphorus: 83.37mg (8.34%), Vitamin A: 387.55IU (7.75%), Fiber: 0.85g (3.39%), Vitamin D: 0.47µg (3.15%), Copper: 0.05mg (2.63%), Vitamin E: 0.36mg (2.41%), Magnesium: 9.52mg (2.38%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.12µg (1.94%), Potassium: 64.19mg (1.83%), Vitamin K: 1.15µg (1.09%), Vitamin B6: 0.02mg (1.07%)