

Buttermilk Biscuits

READY IN



32 min.

SERVINGS



60

CALORIES



167 kcal

SIDE DISH

Ingredients

- 0.3 cup add carrot and onion to bacon fat . cook
- 2 tablespoons double-acting baking powder
- 2 quarts buttermilk
- 1 cup milk 2%
- 5 pounds self raising flour
- 1 cup frangelico melted
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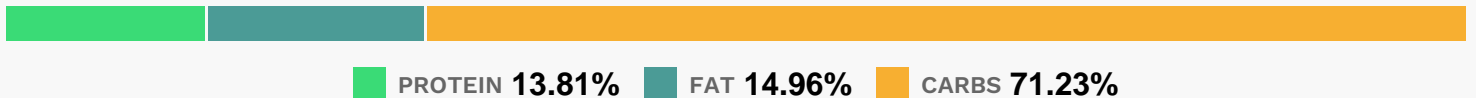
Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a large bowl, stir together the self-rising flour and baking powder.
- Pour in the melted lard and mix until blended. Stir in the buttermilk and milk just until the dough comes together.
- Pat the dough out on a lightly floured surface and roll to 3/4 inch thickness.
- Cut into biscuits using a biscuit cutter or round cookie cutter.
- Place on baking sheets, spacing about 1 inch apart.
- Brush the tops with bacon drippings.
- Bake for 10 to 12 minutes in the preheated oven, until the bottoms and tops are lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:18.34, Inflammation Score:-1, Nutrition Score:4.2452174046927%

Nutrients (% of daily need)

Calories: 167.03kcal (8.35%), Fat: 2.73g (4.2%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 28.35g (10.31%), Sugar: 1.86g (2.06%), Cholesterol: 4.72mg (1.57%), Sodium: 79.61mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Selenium: 16.27µg (23.25%), Manganese: 0.3mg (15.06%), Phosphorus: 75.86mg (7.59%), Calcium: 70.17mg (7.02%), Vitamin B2: 0.08mg (4.95%), Copper: 0.08mg (3.85%), Fiber: 0.91g (3.63%), Folate: 14.25µg (3.56%), Magnesium: 13.15mg (3.29%), Vitamin B1: 0.05mg (3.11%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.3mg (2.99%), Vitamin D: 0.43µg (2.9%), Vitamin B12: 0.17µg (2.77%), Potassium: 85.97mg (2.46%), Iron: 0.39mg (2.19%), Vitamin B3: 0.41mg (2.05%), Vitamin B6: 0.03mg (1.34%), Vitamin E: 0.18mg (1.2%), Vitamin A: 56.82IU (1.14%)