

Buttermilk Biscuits



Vegetarian



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons buttermilk for brushing
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 7 tablespoons butter unsalted chilled cut into thin slices

Equipment

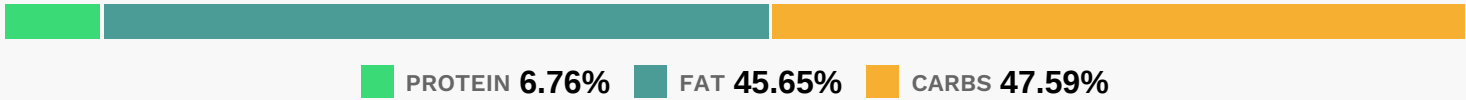
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Line a baking sheet with a silicone baking mat or parchment paper.
- ☐ Whisk flour, baking powder, salt, and baking soda together in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until the mixture resembles coarse crumbs, about 5 minutes.
- ☐ Make a well in the center of butter and flour mixture.
- ☐ Pour in 3/4 cup buttermilk; stir until just combined.
- ☐ Turn dough onto a floured work surface, pat together into a rectangle.
- ☐ Fold the rectangle in thirds. Turn dough a half turn, gather any crumbs, and flatten back into a rectangle. Repeat twice more, folding and pressing dough a total of three times.
- ☐ Roll dough on a floured surface to about 1/2 inch thick.
- ☐ Cut out 12 biscuits using a 2 1/2-inch round biscuit cutter.
- ☐ Transfer biscuits to the prepared baking sheet. Press an indent into the top of each biscuit with your thumb.
- ☐ Brush the tops of biscuits with 2 tablespoons buttermilk.
- ☐ Bake in the preheated oven until browned, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:11.71, Inflammation Score:-3, Nutrition Score:3.5508695620558%

Nutrients (% of daily need)

Calories: 136.29kcal (6.81%), Fat: 6.91g (10.63%), Saturated Fat: 4.27g (26.72%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.65g (5.69%), Sugar: 0.18g (0.2%), Cholesterol: 17.83mg (5.94%), Sodium: 291.2mg (12.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin B1: 0.17mg (11.01%), Selenium: 7.24µg (10.34%), Folate: 38.49µg (9.62%), Manganese: 0.14mg (7.15%), Vitamin B2: 0.11mg (6.47%), Vitamin B3: 1.24mg (6.18%), Iron: 1.04mg (5.8%), Calcium: 47.25mg (4.73%), Vitamin A: 208.21IU (4.16%), Phosphorus: 41.19mg (4.12%), Fiber: 0.56g (2.26%), Copper: 0.03mg (1.61%), Vitamin E: 0.2mg (1.36%), Magnesium: 5.18mg (1.3%), Vitamin B5: 0.11mg (1.1%), Zinc: 0.16mg (1.09%), Vitamin D: 0.16µg (1.03%)