



Buttermilk Biscuits

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk cold
- 2 cups flour all-purpose as needed plus more
- 1 teaspoon salt fine
- 8 tablespoons butter unsalted cold cut into 1/2-inch pieces (1 stick)

Equipment

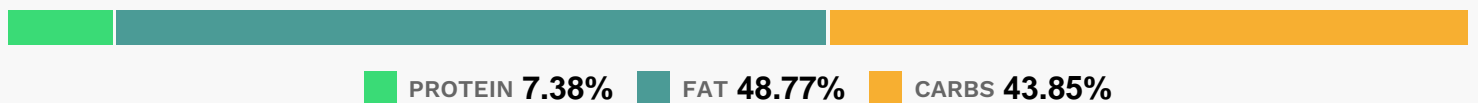
- bowl

- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with parchment paper; set aside.
- Whisk the measured flour, baking powder, salt, and baking soda together in a large bowl to aerate and combine.
- Add the butter pieces and toss to just coat them in the flour mixture.
- Place the bowl in the freezer for 10 minutes. Using a pastry blender or 2 knives, and working quickly so as not to soften the butter, cut the butter into the dry ingredients until it's in pea-size pieces.
- Drizzle in the buttermilk and stir just until a moist, shaggy dough comes together. Generously dust a work surface with flour. Scrape the dough out onto the surface and dust the top with more flour. Using floured hands, gently pat the dough into a 1-inch-thick circle. Using a 2-1/2-inch round cutter dipped in flour, cut out as many biscuits as possible (press straight down through the dough—do not twist the cutter, or the biscuits will not rise properly).
- Transfer the biscuits to the prepared baking sheet, spacing them at least 1 inch apart. Gather the scraps into a ball, pat it into a 1-inch-thick circle, and cut out more biscuits. Repeat as needed until you have 8 total. Discard any remaining dough.
- Bake until the biscuits have risen and are golden brown on top, about 15 to 16 minutes.
- Transfer to a wire rack to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:17.96, Inflammation Score:-4, Nutrition Score:6.2773912730424%

Nutrients (% of daily need)

Calories: 233.26kcal (11.66%), Fat: 12.65g (19.47%), Saturated Fat: 7.81g (48.81%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.75g (9%), Sugar: 1.56g (1.73%), Cholesterol: 33.4mg (11.13%), Sodium: 498.75mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin B1: 0.26mg (17.34%), Selenium: 11.85µg (16.92%), Folate: 59.11µg (14.78%), Vitamin B2: 0.21mg (12.4%), Manganese: 0.22mg (10.79%), Calcium: 101.49mg (10.15%), Vitamin B3: 1.88mg (9.39%), Iron: 1.57mg (8.75%), Phosphorus: 84.52mg (8.45%), Vitamin A: 399.36IU (7.99%), Vitamin D: 0.6µg (4%), Fiber: 0.85g (3.38%), Copper: 0.06mg (2.75%), Vitamin B12: 0.16µg (2.7%), Vitamin B5: 0.27mg (2.66%), Magnesium: 10.43mg (2.61%), Vitamin E: 0.36mg (2.43%), Zinc: 0.35mg (2.31%), Potassium: 77.56mg (2.22%), Vitamin B6: 0.03mg (1.25%), Vitamin K: 1.16µg (1.11%)