



## Buttermilk Biscuits

 Vegetarian

READY IN



40 min.

SERVINGS



100

CALORIES



65 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter cold cubed
- ☐ 100 servings butter melted
- ☐ 2 cups buttermilk
- ☐ 1 teaspoon salt
- ☐ 4 cups soft-wheat flour white such as lily all-purpose

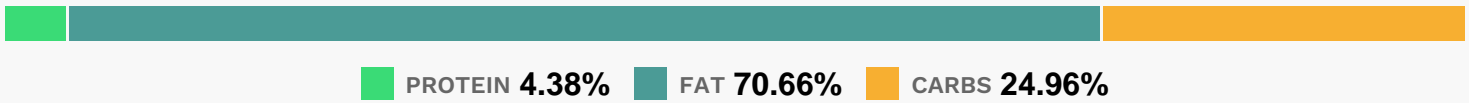
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wax paper

## Directions

- ☐ Preheat oven to 45
- ☐ Sift together first 4 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until mixture resembles small peas. Stir in buttermilk with a fork until dough forms a ball.
- ☐ Turn dough out onto a well-floured sheet of wax paper.
- ☐ Sprinkle dough with flour, and flatten into a disk. Cover, and chill 15 minutes.
- ☐ Remove wax paper, and turn dough out onto a well-floured surface; sprinkle with flour. Pat dough to 1/2-inch thickness.
- ☐ Cut with a 3-inch cutter, reshaping scraps once.
- ☐ Place biscuits 1 inch apart on an ungreased baking sheet.
- ☐ Bake at 450 for 10 to 12 minutes or until golden brown.
- ☐ Brush immediately with melted butter.

## Nutrition Facts



## Properties

Glycemic Index:2.98, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.1717391370431%

## Nutrients (% of daily need)

Calories: 65.29kcal (3.26%), Fat: 5.18g (7.97%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.25g (0.28%), Cholesterol: 13.72mg (4.57%), Sodium: 104.23mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin A: 161.23IU (3.22%), Vitamin B1: 0.04mg (2.79%), Selenium: 1.93µg (2.76%), Folate: 9.57µg (2.39%), Calcium: 21.86mg (2.19%), Vitamin B2: 0.04mg (2.06%),

Manganese: 0.03mg (1.72%), Phosphorus: 16.21mg (1.62%), Vitamin B3: 0.3mg (1.51%), Iron: 0.26mg (1.45%)