



Buttermilk Biscuits

 Vegetarian

READY IN



18 min.

SERVINGS



7

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup buttermilk 1% low-fat ()
- ☐ 0.3 teaspoon salt

Equipment

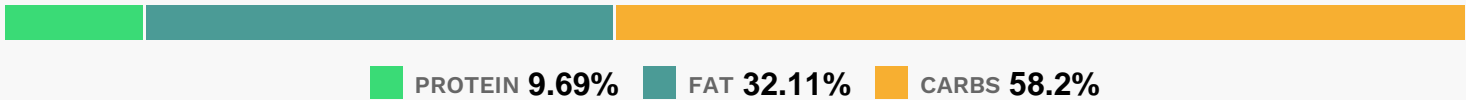
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 3 ingredients in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead 4 or 5 times.
- ☐ Roll dough to 1/2- inch thickness; cut with a 2 1/2-inch biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 10 minutes or until golden.
- ☐ Serve warm with butter and honey, if desired.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:10.08, Inflammation Score:-2, Nutrition Score:3.3621738831634%

Nutrients (% of daily need)

Calories: 100.99kcal (5.05%), Fat: 3.6g (5.54%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 14.2g (5.17%), Sugar: 0.87g (0.97%), Cholesterol: 9.29mg (3.1%), Sodium: 303.53mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin B1: 0.15mg (9.75%), Selenium: 6.44µg (9.2%), Folate: 33.66µg (8.41%), Calcium: 73.94mg (7.39%), Vitamin B2: 0.12mg (6.82%), Manganese: 0.12mg (6.12%), Phosphorus: 54.28mg (5.43%), Vitamin B3: 1.07mg (5.33%), Iron: 0.93mg (5.18%), Vitamin A: 108.02IU (2.16%), Fiber: 0.48g (1.94%), Magnesium: 6.13mg (1.53%), Copper: 0.03mg (1.39%), Zinc: 0.2mg (1.34%), Potassium: 46.14mg (1.32%), Vitamin B5: 0.13mg (1.3%)