



“Buttermilk” Biscuits

 Dairy Free

READY IN



20 min.

SERVINGS



14

CALORIES



154 kcal

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 6 oz dairy-free yogurt plain (such as So Delicious Cultured Coconut Milk)
- ☐ 0.5 teaspoon salt
- ☐ 2 cups unbleached flour all-purpose
- ☐ 0.5 cup non-hydrogenated vegetable shortening (such as Spectrum Palm Shortening)

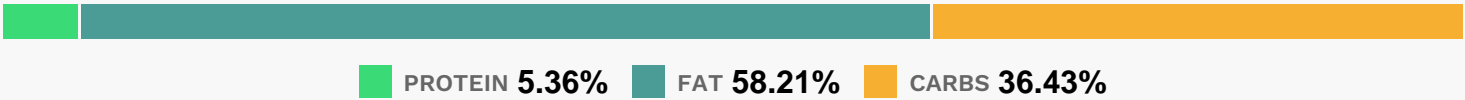
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Sift together dry ingredients.
- ☐ Cut in shortening until the size of large peas.
- ☐ Add “yogurt” and stir until ball is formed.Turn onto floured board and knead lightly.
- ☐ Roll dough to 1/2-inch thickness.
- ☐ Cut into 2-1/2-inch circles.
- ☐ Place in greased pan slightly touching.
- ☐ Bake at 450° for 8 to 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:10.41, Inflammation Score:-1, Nutrition Score:3.6969565140164%

Nutrients (% of daily need)

Calories: 154.11kcal (7.71%), Fat: 10.09g (15.52%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.72g (4.99%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 176.14mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Manganese: 0.22mg (10.77%), Vitamin B1: 0.14mg (9.62%), Selenium: 6.06µg (8.65%), Folate: 34.38µg (8.59%), Iron: 1.33mg (7.39%), Vitamin B3: 1.13mg (5.66%), Calcium: 55.36mg (5.54%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 49.73mg (4.97%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.46mg (3.06%), Copper: 0.05mg (2.65%), Magnesium: 9.75mg (2.44%), Fiber: 0.48g (1.94%), Vitamin B5: 0.15mg (1.47%), Potassium: 46.03mg (1.32%), Zinc: 0.19mg (1.29%)