

Buttermilk Biscuits

READY IN

SERVINGS

35 min.

12

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		
7 700/		
	PROTEIN 6.76% FAT 45.65% CARBS 47.59%	

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 %: O% (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%)