



Buttermilk Biscuits

READY IN



45 min.

SERVINGS



18

CALORIES



78 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 2 cups flour all-purpose
- 0.8 teaspoon salt
- 3 tablespoons shortening

Equipment

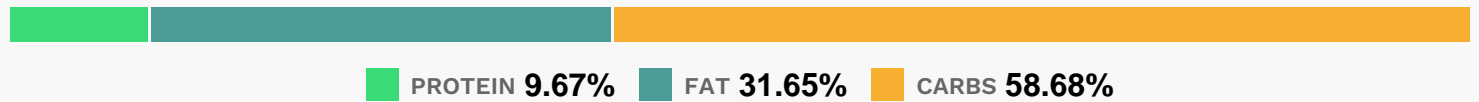
- baking sheet

- oven
- blender

Directions

- Combine flour, baking powder, soda, and salt; stir well.
- Cut in shortening with a pastry blender until mixture resembles coarse meal. Gradually add buttermilk, stirring until dry ingredients are moistened.
- Turn dough out onto a lightly floured surface, and knead 10 to 12 times.
- Roll dough to 1/2-inch thickness; cut with a 2-inch biscuit cutter.
- Place biscuits on an ungreased baking sheet.
- Bake at 400 for 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:7.93, Inflammation Score:-1, Nutrition Score:2.5304347717244%

Nutrients (% of daily need)

Calories: 77.8kcal (3.89%), Fat: 2.71g (4.17%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 10.94g (3.98%), Sugar: 0.69g (0.76%), Cholesterol: 1.47mg (0.49%), Sodium: 165.21mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Vitamin B1: 0.12mg (7.71%), Selenium: 5.2µg (7.43%), Folate: 26.08µg (6.52%), Vitamin B2: 0.09mg (5.38%), Manganese: 0.1mg (4.78%), Vitamin B3: 0.83mg (4.16%), Iron: 0.68mg (3.75%), Phosphorus: 31.2mg (3.12%), Calcium: 30.56mg (3.06%), Fiber: 0.38g (1.5%), Vitamin B5: 0.13mg (1.26%), Copper: 0.02mg (1.17%), Vitamin D: 0.17µg (1.16%), Vitamin K: 1.22µg (1.16%), Magnesium: 4.45mg (1.11%), Vitamin B12: 0.06µg (1.02%)