

Buttermilk Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

Ingredients

- 2 cups flour
- 2 teaspoons double-acting baking powder
- 0.7 cup buttermilk chilled
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 10 tablespoons butter unsalted chilled cut into pieces ()

Equipment

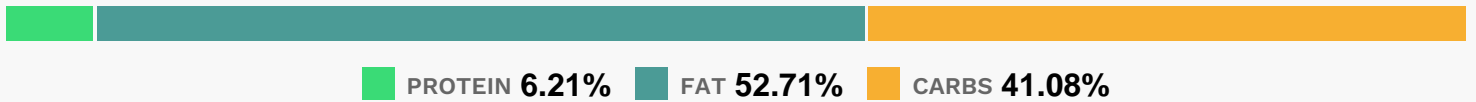
- bowl

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375°F. Sift flour, sugar, baking powder and salt into large bowl.
- Add butter and rub in with fingertips until mixture resembles coarse meal. Gradually add buttermilk, tossing with fork until large moist clumps form. Gather dough into ball. Divide into 4 pieces. Shape each piece into 3-inch round.
- Transfer to baking sheet, spacing evenly.
- Bake biscuits until tester inserted into center comes out dry, about 20 minutes (biscuits will be pale).
- Transfer biscuits to rack and cool to lukewarm. (Can be prepared 6 hours ahead. Cool. Wrap tightly in aluminum foil and store at room temperature. Before serving, rewarm in 350°F oven for 5 minutes.)

Nutrition Facts



Properties

Glycemic Index:67.02, Glycemic Load:37.71, Inflammation Score:-7, Nutrition Score:12.1865218204%

Nutrients (% of daily need)

Calories: 515.86kcal (25.79%), Fat: 30.33g (46.67%), Saturated Fat: 18.84g (117.72%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 51.52g (18.73%), Sugar: 5.14g (5.71%), Cholesterol: 79.65mg (26.55%), Sodium: 549.82mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin B1: 0.51mg (34.08%), Selenium: 23.04µg (32.91%), Folate: 117.43µg (29.36%), Vitamin B2: 0.39mg (22.94%), Manganese: 0.43mg (21.52%), Vitamin A: 940.65IU (18.81%), Vitamin B3: 3.74mg (18.7%), Calcium: 181.51mg (18.15%), Iron: 3.14mg (17.46%), Phosphorus: 153.72mg (15.37%), Vitamin D: 1.04µg (6.97%), Fiber: 1.69g (6.77%), Vitamin E: 0.88mg (5.85%), Copper: 0.11mg (5.31%), Magnesium: 19mg (4.75%), Vitamin B5: 0.46mg (4.64%), Zinc: 0.62mg (4.15%), Vitamin B12: 0.24µg (4.06%), Potassium: 129.79mg (3.71%), Vitamin K: 2.76µg (2.63%), Vitamin B6: 0.04mg (2.15%)