



## Buttermilk Biscuits

READY IN



32 min.

SERVINGS



32

CALORIES



59 kcal

SIDE DISH

### Ingredients

- 0.3 tsp baking soda
- 2 Tbsp butter divided melted
- 1 cup buttermilk
- 4 tsp calumet baking powder
- 0.5 tsp cream of tartar
- 2 cups flour
- 0.5 tsp salt
- 0.3 cup shortening

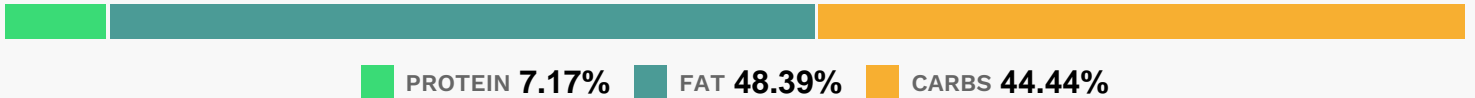
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- Preheat oven to 450F.
- Mix flour, baking powder, salt, cream of tartar and baking soda in large bowl until well blended.
- Cut in shortening until mixture resembles coarse crumbs.
- Add buttermilk; stir with fork until mixture forms a soft dough.
- Place on lightly floured surface; knead 20 times or until smooth. Pat or roll out dough to 1/2-inch-thickness.
- Cut into circles with floured 2-inch cookie cutter.
- Place on ungreased baking sheet.
- Brush with half of the butter.
- Bake 12 minutes or until golden brown.
- Brush with remaining butter.

## Nutrition Facts



## Properties

Glycemic Index:6.19, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:1.7056521617848%

## Nutrients (% of daily need)

Calories: 58.71kcal (2.94%), Fat: 3.16g (4.87%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 6.33g (2.3%), Sugar: 0.39g (0.43%), Cholesterol: 0.82mg (0.28%), Sodium: 128.81mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Calcium: 46.83mg (4.68%), Vitamin B1: 0.07mg (4.36%), Selenium: 2.93µg (4.18%), Folate: 14.68µg (3.67%), Vitamin B2: 0.05mg (3.05%), Phosphorus: 28.71mg

(2.87%), Manganese: 0.05mg (2.69%), Iron: 0.44mg (2.43%), Vitamin B3: 0.47mg (2.34%), Vitamin K: 1.18µg (1.13%),  
Vitamin E: 0.17mg (1.12%)