



Buttermilk Biscuits I

READY IN



25 min.

SERVINGS



18

CALORIES



172 kcal

SIDE DISH

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup buttermilk
- 4 cups self-rising flour
- 0.7 cup shortening
- 1 tablespoon sugar white

Equipment

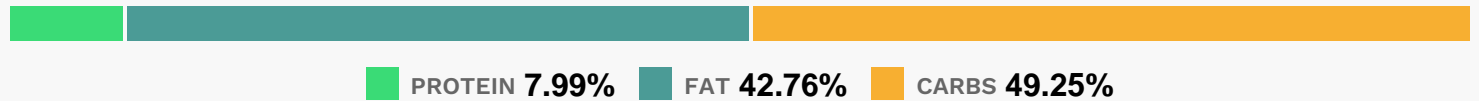
- baking sheet
- oven

mixing bowl

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease two baking sheets.
- In a large mixing bowl, combine flour, sugar and baking powder; stir well.
- Cut in shortening until mixture resembles coarse cornmeal.
- Add 2 cups buttermilk and mix just to moisten.
- Roll out dough to 1 inch thick and cut into biscuits.
- Place biscuits on prepared baking sheets; brush tops with remaining 1/4 cup buttermilk.
- Bake in preheated oven for 15 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:14.45, Glycemic Load:13.74, Inflammation Score:-1, Nutrition Score:2.8395652106923%

Nutrients (% of daily need)

Calories: 172.38kcal (8.62%), Fat: 8.17g (12.56%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 20.49g (7.45%), Sugar: 0.91g (1.02%), Cholesterol: 0.37mg (0.12%), Sodium: 75.03mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Selenium: 11.16µg (15.94%), Manganese: 0.22mg (11.01%), Calcium: 47.26mg (4.73%), Phosphorus: 44.38mg (4.44%), Vitamin K: 4.13µg (3.94%), Vitamin E: 0.58mg (3.86%), Fiber: 0.67g (2.67%), Copper: 0.05mg (2.58%), Folate: 9.33µg (2.33%), Vitamin B5: 0.19mg (1.86%), Magnesium: 7.46mg (1.86%), Iron: 0.33mg (1.83%), Vitamin B1: 0.03mg (1.69%), Zinc: 0.25mg (1.66%), Vitamin B3: 0.28mg (1.4%), Vitamin B2: 0.02mg (1.33%)