



Buttermilk Biscuits II

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter melted
- 1 cup buttermilk
- 0.7 cup heavy cream
- 0.5 teaspoon salt
- 2 cups self-rising flour
- 0.3 cup shortening
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C). Lightly grease one baking sheet.
- In a large bowl, mix together flour, sugar and salt.
- Cut in shortening until mixture resembles coarse meal. Stir in cream and buttermilk until dough resembles cottage cheese.
- Generously sprinkle a smooth surface with flour. Spoon out batter into four lumps spaced well apart on the floured surface. Flour the top of the dough and your hands. Turn dough balls in the flour, shake off excess flour and place on prepared pan.
- Bake in preheated oven for 20 to 25 minutes, or until lightly browned.
- Remove from oven, brush with melted butter and serve.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:39, Inflammation Score:-5, Nutrition Score:9.1630435002887%

Nutrients (% of daily need)

Calories: 584.17kcal (29.21%), Fat: 33.03g (50.82%), Saturated Fat: 15.42g (96.36%), Carbohydrates: 61.84g (20.61%), Net Carbohydrates: 60.34g (21.94%), Sugar: 16.76g (18.62%), Cholesterol: 58.95mg (19.65%), Sodium: 388.79mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Selenium: 28.33µg (40.48%), Manganese: 0.5mg (24.95%), Vitamin A: 770.82IU (15.42%), Phosphorus: 135.47mg (13.55%), Vitamin B2: 0.22mg (12.87%), Calcium: 105.83mg (10.58%), Vitamin E: 1.52mg (10.16%), Vitamin D: 1.41µg (9.43%), Vitamin K: 8.7µg (8.28%), Vitamin B5: 0.69mg (6.94%), Copper: 0.13mg (6.71%), Folate: 25.32µg (6.33%), Magnesium: 24.48mg (6.12%), Fiber: 1.5g (6%), Vitamin B1: 0.09mg (5.92%), Vitamin B12: 0.35µg (5.76%), Zinc: 0.86mg (5.73%), Potassium: 182.33mg (5.21%), Iron: 0.64mg (3.55%), Vitamin B3: 0.71mg (3.53%), Vitamin B6: 0.06mg (2.94%)