



Buttermilk Biscuits (White Whole Wheat Flour)

READY IN



25 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 cups flour whole wheat white
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup shortening cold cut into 8 pieces
- ☐ 0.8 cup buttermilk

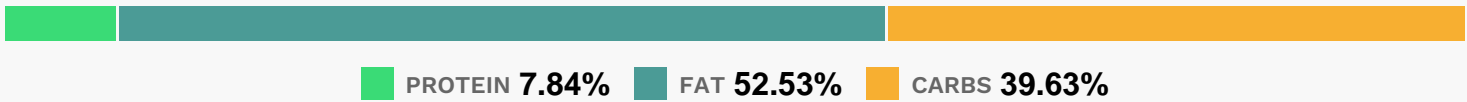
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 450°F. In medium bowl, mix flour, sugar, baking powder, salt and baking soda.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in buttermilk until dough leaves side of bowl (dough will be soft and sticky).
- ☐ Place dough on lightly floured surface. Knead lightly 10 times.
- ☐ Roll or pat 1/2 inch thick.
- ☐ Cut with floured 2- to 2 1/4-inch round cutter. On ungreased cookie sheet, place biscuits about 1 inch apart for crusty sides, touching for soft sides.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:1.676956517055%

Nutrients (% of daily need)

Calories: 155.61kcal (7.78%), Fat: 9.38g (14.42%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 13.91g (5.06%), Sugar: 1.73g (1.92%), Cholesterol: 1.65mg (0.55%), Sodium: 303.36mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Fiber: 2g (8.01%), Calcium: 69.97mg (7%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.53mg (3.56%), Iron: 0.55mg (3.08%), Phosphorus: 27.36mg (2.74%), Vitamin B2: 0.03mg (1.53%), Vitamin D: 0.19µg (1.3%), Potassium: 42.44mg (1.21%), Vitamin B5: 0.12mg (1.15%), Vitamin B12: 0.07µg (1.15%)