



Buttermilk Drop Biscuits

READY IN



35 min.

SERVINGS



6

CALORIES



346 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 1 tablespoon double-acting baking powder
- 2 teaspoons granulated sugar
- 0.5 teaspoon cream of tartar
- 0.3 teaspoon salt
- 0.3 teaspoon baking soda
- 4 oz shortening (cold plus more for the pan) cut into small pieces,
- 1.3 cup buttermilk (low-fat ((either or full-fat))

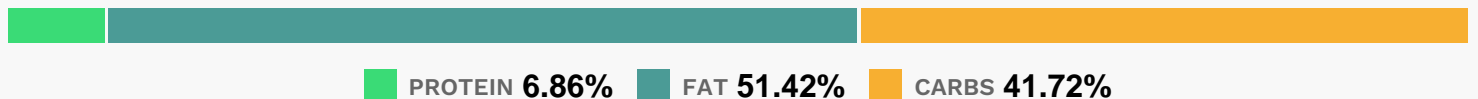
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender

Directions

- Preheat the oven to 450°F (232°C) and lightly butter a 12-inch (30-cm) cast-iron skillet or a single baking sheet.
- In a medium bowl, whisk the dry ingredients together, smashing any lumps.
- Cut in the butter with a pastry blender or two knives until the mixture resembles coarse crumbs.
- Pour in the buttermilk and use a fork to gently stir everything together until a soft, sticky, clumpy dough forms, and no dry patches remain. Don't overmix the dough.
- Drop 1/4 cup blobs of the dough onto the prepared pan, spacing them about an inch or two apart. You should have 6 to 8 biscuits.
- Bake until browned on top, about 20 minutes. **TESTER TIP:** If you're baking these in a skillet, drop one blob of dough in the center, and six more around the outside of the skillet.
- Let the biscuits cool slightly. Chances are you'll need to swat hands away.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:24.44, Inflammation Score:-3, Nutrition Score:8.6217390648697%

Nutrients (% of daily need)

Calories: 345.58kcal (17.28%), Fat: 19.85g (30.53%), Saturated Fat: 5.12g (32%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 35.1g (12.76%), Sugar: 3.84g (4.26%), Cholesterol: 2mg (0.67%), Sodium: 430.23mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin B1: 0.35mg (23.19%), Selenium: 15.14µg (21.63%), Folate: 78.75µg (19.69%), Calcium: 182.05mg (18.21%), Vitamin B2: 0.28mg (16.65%), Manganese: 0.29mg (14.31%), Phosphorus: 133.33mg (13.33%), Vitamin B3: 2.49mg (12.45%), Iron: 2.2mg (12.24%), Vitamin K: 10.23µg (9.74%), Vitamin E: 1.21mg (8.06%), Potassium: 161.78mg (4.62%), Fiber: 1.13g (4.52%), Vitamin B5: 0.45mg (4.49%), Magnesium: 15.21mg (3.8%), Zinc: 0.5mg (3.36%), Copper: 0.07mg (3.32%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.04mg (1.78%)