



Buttermilk Drop Biscuits

READY IN



20 min.

SERVINGS



20

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter chilled cut into pieces
- ☐ 1 tablespoon butter melted
- ☐ 1.5 cups buttermilk
- ☐ 0.3 cup shortening
- ☐ 2.3 teaspoons sugar
- ☐ 3.5 cups self-rising soft-wheat flour

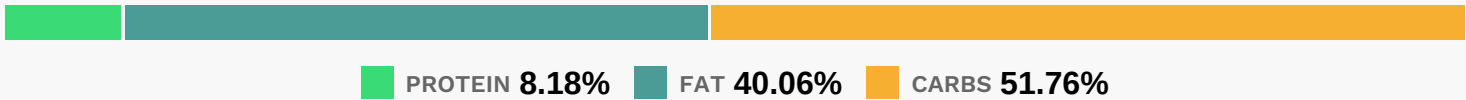
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 50
- ☐ Combine first 3 ingredients in a large bowl until well blended.
- ☐ Cut in shortening and butter with a pastry blender or a fork until crumbly.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Drop dough by 1/4 cupfuls onto an ungreased baking sheet.
- ☐ Brush lightly with melted butter.
- ☐ Bake at 500 for 12 to 15 minutes or until golden.
- ☐ *Nonfat buttermilk may be substituted.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Flour.
- ☐ Cheese-Chive Drop Biscuits: Stir 3/4 cup (3 oz.) shredded Cheddar cheese and 1/4 cup chopped fresh chives into crumbly flour mixture just before adding buttermilk. Increase buttermilk to 1 3/4 cups. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:12.78, Inflammation Score:-2, Nutrition Score:4.0226087440615%

Nutrients (% of daily need)

Calories: 140.77kcal (7.04%), Fat: 6.24g (9.6%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.55g (6.38%), Sugar: 1.39g (1.54%), Cholesterol: 9.59mg (3.2%), Sodium: 89.89mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin B1: 0.18mg (12.06%), Selenium: 8.12µg (11.6%), Folate: 41.04µg (10.26%), Vitamin B2: 0.14mg (8.25%), Manganese: 0.15mg (7.5%), Vitamin B3: 1.31mg (6.55%), Iron: 1.07mg (5.96%), Calcium: 51.3mg (5.13%), Phosphorus: 49.63mg (4.96%), Fiber: 0.59g (2.37%), Vitamin A: 118.1IU (2.36%), Vitamin B5: 0.19mg (1.86%), Copper: 0.04mg (1.8%), Vitamin E: 0.26mg (1.77%),

Magnesium: 6.8mg (1.7%), Vitamin K: 1.73µg (1.65%), Vitamin D: 0.23µg (1.56%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.09µg (1.48%), Potassium: 48.65mg (1.39%)