



Buttermilk-Herb Biscuits

READY IN



40 min.

SERVINGS



12

CALORIES



148 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 teaspoons seasoning dried italian such as rosemary, basil or thyme, or seasoning
- ☐ 1 tablespoon butter melted
- ☐ 1 cup buttermilk
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening

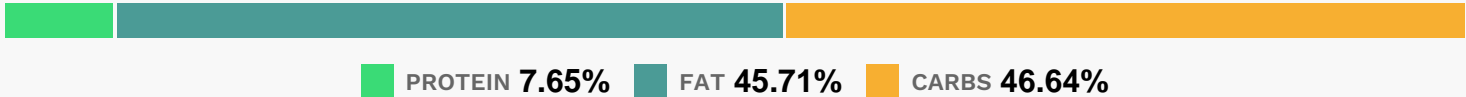
Equipment

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

Directions

- ☐ Heat oven to 400F. In medium bowl, mix flour, baking powder, herbs, salt and baking soda.
- ☐ Cut in shortening, 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).
- ☐ On lightly floured surface, lightly knead dough 10 times.
- ☐ Roll or pat dough about 1 inch thick.
- ☐ Cut with floured 2-inch cutter. On ungreased cookie sheet, place biscuits about 1 inch apart.
- ☐ Brush with butter.
- ☐ Bake 14 to 16 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:11.98, Inflammation Score:-2, Nutrition Score:4.2908696121658%

Nutrients (% of daily need)

Calories: 147.98kcal (7.4%), Fat: 7.51g (11.55%), Saturated Fat: 2.03g (12.72%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 16.57g (6.03%), Sugar: 1.04g (1.16%), Cholesterol: 2.2mg (0.73%), Sodium: 245.87mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Vitamin B1: 0.17mg (11.64%), Selenium: 7.82µg (11.17%), Folate: 39.73µg (9.93%), Vitamin B2: 0.14mg (8.18%), Manganese: 0.16mg (7.78%), Calcium: 69.76mg (6.98%), Iron: 1.14mg (6.35%), Vitamin B3: 1.26mg (6.3%), Phosphorus: 54.74mg (5.47%), Vitamin K: 4.71µg (4.48%), Vitamin E: 0.46mg (3.05%), Fiber: 0.67g (2.68%), Vitamin B5: 0.21mg (2.09%), Magnesium: 7.48mg (1.87%), Copper: 0.04mg (1.84%), Vitamin D: 0.26µg (1.73%), Vitamin A: 78.98IU (1.58%), Vitamin B12: 0.09µg (1.55%), Zinc: 0.23mg (1.53%), Potassium: 53.08mg (1.52%)