



Buttermilk Raisin Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons butter
- ☐ 0.8 cup nonfat buttermilk
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon skim milk
- ☐ 0.3 cup sugar

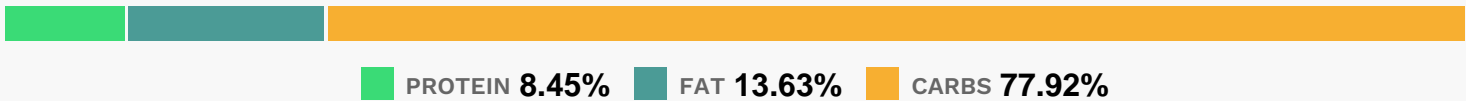
Equipment

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

Directions

- ☐ Combine first 4 ingredients in a large bowl; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add buttermilk, stirring with a fork just until dry ingredients are moistened. Stir in raisins.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead 4 or 5 times. Pat dough to 3/4-inch thickness; cut into rounds with a 2-inch biscuit cutter.
- ☐ Place rounds on a baking sheet coated with cooking spray.
- ☐ Brush tops of rounds with skim milk.
- ☐ Bake at 425 for 11 minutes or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:18.29, Inflammation Score:-2, Nutrition Score:3.527391275472%

Nutrients (% of daily need)

Calories: 140.2kcal (7.01%), Fat: 2.14g (3.29%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 26.54g (9.65%), Sugar: 6.4g (7.12%), Cholesterol: 0.33mg (0.11%), Sodium: 203.59mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Vitamin B1: 0.18mg (11.74%), Selenium: 7.37µg (10.53%), Folate: 39.5µg (9.87%), Manganese: 0.16mg (8.15%), Vitamin B2: 0.12mg (7.09%), Vitamin B3: 1.34mg (6.68%), Iron: 1.16mg (6.42%), Fiber: 0.99g (3.96%), Phosphorus: 29.58mg (2.96%), Copper: 0.05mg (2.48%), Potassium: 76mg (2.17%), Vitamin A: 86.01IU (1.72%), Magnesium: 6.76mg (1.69%), Zinc: 0.17mg (1.12%), Vitamin B6:

0.02mg (1.09%), Vitamin B5: 0.1mg (1.03%)