



## Callie's Biscuits and White Lily Giveaway

 Vegetarian

READY IN



26 min.

SERVINGS



10

CALORIES



168 kcal

### Ingredients

- 0.8 cup buttermilk whole low fat
- 0.3 cup cream cheese room temperature
- 2 cups self raising flour white plus more for dusting\*\* ( Lily preferred)
- 1 tablespoons butter unsalted melted
- 4 tablespoons butter unsalted cold

### Equipment

- bowl
- frying pan
- baking sheet

- oven
- mixing bowl
- spatula
- rolling pin

## Directions

- Adjust rack to the center of the oven and preheat to 500 degrees F. Measure the flour into a large mixing bowl.
- Add the cubed butter and cream cheese to the flour using your fingers to “cut” it in. It should resemble cottage cheese – chunky and with some loose flour. Make a well in the center.
- Pour in the buttermilk and, using your hands or a small rubber spatula, mix the flour into the buttermilk. The dough will be wet and messy.
- Sprinkle flour on the top of the dough. Run a rubber spatula around the inside of the bowl creating a space between the dough and the bowl.
- Sprinkle a bit more flour in the crease. Flour a work surface or flexible baking mat very well. With force, dump the dough from the bowl onto the surface. Flour the top of the dough and the rolling pin.
- Roll out the dough to ½ inch thick in an oval shape. No kneading is necessary – the less you mess with the dough the better. Flour a 2 inch round metal biscuit cutter. Start from the edge of the rolled out dough and punch out as many rounds as you can. You should get from 10 to 12 depending on the true size of your biscuit cutter.
- Put the biscuits in a cast-iron skillet or on a heavy duty baking sheet and brush tops with butter. Put biscuits in the oven and immediately reduce heat to 450 degrees F.
- Bake for 16 to 18 minutes or until golden.

## Nutrition Facts



**PROTEIN 9.56%** **FAT 44.29%** **CARBS 46.15%**

## Properties

Glycemic Index:9.4, Glycemic Load:11.83, Inflammation Score:-2, Nutrition Score:2.946521760329%

## Nutrients (% of daily need)

Calories: 167.5kcal (8.38%), Fat: 8.24g (12.67%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 18.71g (6.8%), Sugar: 1.16g (1.29%), Cholesterol: 21.5mg (7.17%), Sodium: 45.73mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Selenium: 10.84µg (15.49%), Manganese: 0.2mg (9.96%), Vitamin A: 260.11IU (5.2%), Phosphorus: 48.02mg (4.8%), Vitamin B2: 0.06mg (3.42%), Calcium: 31.81mg (3.18%), Copper: 0.05mg (2.48%), Folate: 9.87µg (2.47%), Fiber: 0.6g (2.4%), Magnesium: 8.88mg (2.22%), Zinc: 0.32mg (2.15%), Vitamin E: 0.32mg (2.13%), Vitamin B5: 0.2mg (1.99%), Vitamin B1: 0.03mg (1.85%), Potassium: 61.35mg (1.75%), Iron: 0.24mg (1.34%), Vitamin B3: 0.27mg (1.34%), Vitamin B12: 0.06µg (1.07%)