

## Chicken Biscuits

READY IN



45 min.

SERVINGS



10

CALORIES



609 kcal

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1.8 teaspoons pepper black divided freshly ground
- ☐ 10 small strips. boneless
- ☐ 1.5 cups buttermilk
- ☐ 1.3 teaspoons ground pepper
- ☐ 10 slices cheddar cheese
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon optional: dill fresh chopped

- ☐ 0.5 teaspoon garlic powder
- ☐ 3.5 teaspoons kosher salt divided
- ☐ 0.5 teaspoon onion powder
- ☐ 6 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons butter unsalted cut into 1/2" cubes ()
- ☐ 10 servings vegetable oil for frying
- ☐ 0.3 cup shortening

## Equipment

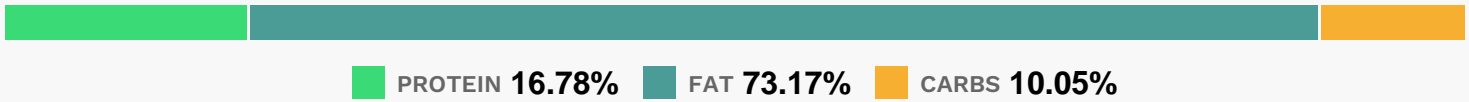
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot

## Directions

- ☐ Preheat oven to 400°F.
- ☐ Place butter and shortening in freezer for 10 minutes.
- ☐ Blend 4 cups flour and next 5 ingredients in a food processor.
- ☐ Add butter and shortening. Pulse mixture until it resembles coarse meal, 20–25 pulses.
- ☐ Transfer mixture to a large bowl. Gradually add buttermilk while tossing mixture with a fork (mixture will not be completely incorporated). Knead in bowl with lightly floured hands just until dough forms, about 3 turns.

- ☐ Transfer dough to a lightly floured surface. Pat out dough until 1" thick. Lift 1 side and fold it over. Gently repeat 5 more times.
- ☐ Roll dough to 3/4"-thick round. Using a 3" biscuit cutter, cut biscuits from dough. Gather scraps and repeat patting out and cutting biscuits for a total of 10 biscuits.
- ☐ Place biscuits on a parchment paper-lined baking sheet, spaced 1"-2" apart.
- ☐ Bake until golden brown and a tester inserted horizontally comes out clean, 12-15 minutes.
- ☐ Transfer biscuits to a wire rack; let cool slightly.
- ☐ Serve warm or at room temperature. DO AHEAD: Can be made 8 hours ahead.
- ☐ Let cool completely. Store airtight at room temperature. Rewarm before serving.
- ☐ Whisk buttermilk, dill, 1 1/2 teaspoons salt, 1 teaspoon pepper, and cayenne in a large bowl.
- ☐ Add chicken; turn to coat. Cover; chill at least 3 hours or overnight.
- ☐ Pour vegetable oil in a large pot to a depth of 2". Attach a deep-fry thermometer to side of pot.
- ☐ Heat oil over medium heat to 350°F.
- ☐ Whisk 1 1/4 cups water with remaining 2 teaspoons salt, remaining 3/4 teaspoon pepper, flour, and next 6 ingredients in a large bowl.
- ☐ Drain chicken well; pat dry with paper towels. Working in batches, dip chicken into batter. Fry chicken, turning occasionally, until skin is crispy and golden brown and chicken is just cooked through, 9-12 minutes per batch.
- ☐ Drain chicken on paper towels.
- ☐ Split biscuits in half; place 1 bottom half on each plate. Top each with a cheese slice, if desired, then a chicken thigh. Spoon
- ☐ Sausage Gravy over chicken, if desired.
- ☐ Place biscuit top over.

## Nutrition Facts



## Properties

Glycemic Index:37.91, Glycemic Load:9.61, Inflammation Score:-5, Nutrition Score:14.997391195401%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 608.75kcal (30.44%), Fat: 49.54g (76.22%), Saturated Fat: 16.64g (104%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.79g (5.38%), Sugar: 4.3g (4.78%), Cholesterol: 168.36mg (56.12%), Sodium: 1404.82mg (61.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.13%), Selenium: 33.24µg (47.49%), Phosphorus: 340.96mg (34.1%), Vitamin B3: 6.06mg (30.31%), Calcium: 250.92mg (25.09%), Vitamin B2: 0.38mg (22.19%), Vitamin B6: 0.44mg (21.85%), Vitamin B12: 1.13µg (18.8%), Vitamin E: 2.59mg (17.24%), Zinc: 2.36mg (15.7%), Vitamin B5: 1.54mg (15.37%), Vitamin B1: 0.21mg (13.96%), Vitamin A: 663.82IU (13.28%), Vitamin K: 12.24µg (11.66%), Potassium: 328.84mg (9.4%), Iron: 1.68mg (9.33%), Folate: 34.76µg (8.69%), Magnesium: 34.75mg (8.69%), Manganese: 0.16mg (8.17%), Vitamin D: 0.91µg (6.06%), Copper: 0.1mg (5.16%), Fiber: 0.53g (2.1%)