



Chocolate Gravy and Biscuits

 Popular

READY IN



60 min.

SERVINGS



10

CALORIES



412 kcal

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 stick butter
- 1 cup buttermilk
- 0.3 cup cocoa powder
- 2 tablespoons flour all-purpose
- 3 cups flour all-purpose plus more for work surface
- 0.5 teaspoon salt

- 0.7 cup sugar
- 2 tablespoons sugar
- 0.3 cup butter unsalted melted
- 0.5 cup shortening plus more for pan
- 2 cups milk whole

Equipment

- bowl
- frying pan
- ladle
- oven
- whisk
- rolling pin

Directions

- Preheat the oven to 450 degrees F.
- In a medium bowl, combine the flour, sugar, baking powder, baking soda and salt.
- Cut in the shortening with a fork until it looks like cornmeal.
- Add the buttermilk, a little at a time, stirring constantly until well mixed.
- Turn the dough out onto a lightly floured surface. Knead lightly 2 or 3 times.
- Roll out the dough with a floured rolling pin to 1/2-inch thickness.
- Cut dough into circles with a 2-inch cutter.
- Place the biscuits in a greased iron skillet. Gently press down the top of the biscuits.
- Brush the biscuits with half the melted butter and bake for 14 minutes or until golden brown.
- Brush the hot biscuits with the remaining butter. Split the biscuits in half and ladle Chocolate Gravy over the hot biscuits.
- Heat butter in a cast iron skillet over low heat.
- Mix in sugar, flour and cocoa. Slowly pour 1 cup of milk into the skillet and whisk well to remove lumps.

- Whisk in remaining milk, stirring constantly, until mixture is thick, being careful not to scorch.
- Serve hot over biscuits.

Nutrition Facts

PROTEIN 6.69% **FAT 45.06%** **CARBS 48.25%**

Properties

Glycemic Index:50.12, Glycemic Load:34, Inflammation Score:-5, Nutrition Score:10.193913096967%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 412.07kcal (20.6%), Fat: 21.09g (32.44%), Saturated Fat: 9.07g (56.68%), Carbohydrates: 50.82g (16.94%), Net Carbohydrates: 48.71g (17.71%), Sugar: 19.38g (21.53%), Cholesterol: 28.8mg (9.6%), Sodium: 347.53mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.59mg (2.2%), Protein: 7.04g (14.08%), Vitamin B1: 0.35mg (23.3%), Selenium: 15.64µg (22.34%), Manganese: 0.38mg (19.01%), Vitamin B2: 0.31mg (18.49%), Folate: 73.77µg (18.44%), Calcium: 158.5mg (15.85%), Phosphorus: 157.03mg (15.7%), Iron: 2.34mg (13.02%), Vitamin B3: 2.44mg (12.21%), Copper: 0.17mg (8.67%), Fiber: 2.12g (8.46%), Magnesium: 31.6mg (7.9%), Vitamin A: 354.6IU (7.09%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.93µg (6.23%), Vitamin K: 6.52µg (6.21%), Vitamin E: 0.91mg (6.1%), Potassium: 193.71mg (5.53%), Vitamin B5: 0.53mg (5.31%), Zinc: 0.77mg (5.13%), Vitamin B6: 0.06mg (2.97%)