



HEALTH SCORE

66%

Cinnamon-Raisin Angel Biscuits



Very Healthy

READY IN



32 min.

SERVINGS



1

CALORIES



4893 kcal

DESSERT

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 1.5 cups buttermilk
- ☐ 5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 teaspoons lemon zest
- ☐ 1 cup baking raisins
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening cut into pieces
- ☐ 0.3 cup warm water 105° to 115°

Equipment

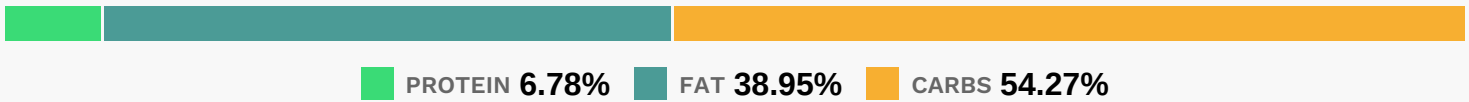
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine yeast and warm water in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Meanwhile, whisk together flour and next 7 ingredients in a large bowl; cut in shortening and butter with a pastry blender until crumbly.
- ☐ Combine yeast mixture and buttermilk, and add to flour mixture, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead about 1 minute.
- ☐ Roll dough to 1/2-inch thickness.
- ☐ Cut with a 2-inch round cutter or into 2-inch squares.
- ☐ Place on 2 ungreased baking sheets.
- ☐ Bake at 400 for 12 to 15 minutes or until golden.
- ☐ Note: We tested with Sun-Maid Baking Raisins.
- ☐ Time-Saving Tips: Prepare recipe as directed through Step Shape dough into a disk; store in a glass, airtight container in refrigerator up to 5 days.

- ☐ Let stand at room temperature 5 minutes.
- ☐ Roll, cut, and bake as directed in Steps 4– Unbaked biscuits may be frozen on a baking sheet, covered with plastic wrap, 2 hours.
- ☐ Transfer frozen biscuits to a zip-top plastic freezer bag, and freeze up to 1 month.
- ☐ Let stand at room temperature 30 minutes before baking as directed.

Nutrition Facts



Properties

Glycemic Index:311.8, Glycemic Load:414.7, Inflammation Score:-10, Nutrition Score:70.712173669235%

Nutrients (% of daily need)

Calories: 4892.51kcal (244.63%), Fat: 213.95g (329.15%), Saturated Fat: 92.11g (575.69%), Carbohydrates: 670.81g (223.6%), Net Carbohydrates: 640.65g (232.97%), Sugar: 72.88g (80.98%), Cholesterol: 283.63mg (94.54%), Sodium: 5879.3mg (255.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.81g (167.61%), Vitamin B1: 6.05mg (403.1%), Folate: 1336.54µg (334.13%), Selenium: 228.55µg (326.5%), Manganese: 5.08mg (253.9%), Vitamin B2: 4.3mg (252.75%), Vitamin B3: 41.84mg (209.2%), Iron: 35.04mg (194.68%), Phosphorus: 1429.02mg (142.9%), Calcium: 1358.13mg (135.81%), Fiber: 30.15g (120.61%), Copper: 1.51mg (75.38%), Potassium: 2536.97mg (72.48%), Vitamin A: 3438.26IU (68.77%), Vitamin E: 9.6mg (64%), Vitamin K: 66.08µg (62.94%), Vitamin B5: 6.04mg (60.42%), Magnesium: 233.74mg (58.43%), Zinc: 6.75mg (44.97%), Vitamin B6: 0.82mg (41.03%), Vitamin D: 4.68µg (31.2%), Vitamin B12: 1.85µg (30.9%), Vitamin C: 13.09mg (15.86%)