

 food
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Corn Biscuits with Bacon

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

Ingredients

- 2 cups flour
- 8 slices bacon
- 5 teaspoons double-acting baking powder
- 6 tablespoons buttermilk
- 2 large eggs
- 1 teaspoon ground cumin
- 12 servings peppercorns fresh black
- 1 teaspoon salt
- 2 tablespoons sugar
- 0.5 cup butter unsalted chilled cut into pieces

1 cup cornmeal yellow

Equipment

bowl

baking sheet

paper towels

oven

whisk

cookie cutter

Directions

Preheat oven to 375 degrees F. Cook bacon until crisp.

Transfer bacon to paper towels and drain. Crumble bacon; reserve 2 tablespoons bacon drippings.

Sift flour, cornmeal, sugar, baking powder and salt into bowl.

Add butter and rub in using fingertips until mixture resembles coarse meal.

Whisk eggs, buttermilk, cumin and reserved bacon drippings in small bowl.

Add to flour mixture and stir until moist dough forms.

Mix in bacon.

Turn out dough onto lightly floured surface. Knead gently until smooth.

Roll out to 3/4 inch thickness.

Cut out biscuits with round cookie cutter.

Place on greased baking sheet.

Sprinkle with peppercorns.

Bake until golden brown and puffed, about 25 minutes.

Serve warm or at room temperature.

Nutrition Facts



 PROTEIN **9.56%**  FAT **49.25%**  CARBS **41.19%**

Properties

Glycemic Index:31.13, Glycemic Load:19.32, Inflammation Score:-4, Nutrition Score:8.0121738918774%

Nutrients (% of daily need)

Calories: 283.97kcal (14.2%), Fat: 15.59g (23.99%), Saturated Fat: 7.4g (46.24%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.26g (9.91%), Sugar: 2.67g (2.97%), Cholesterol: 61.84mg (20.61%), Sodium: 489.75mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Selenium: 13.81µg (19.73%), Manganese: 0.37mg (18.27%), Vitamin B1: 0.25mg (16.88%), Phosphorus: 137.51mg (13.75%), Calcium: 124.27mg (12.43%), Folate: 47.39µg (11.85%), Iron: 1.97mg (10.93%), Vitamin B3: 2.18mg (10.92%), Vitamin B2: 0.18mg (10.83%), Fiber: 2.08g (8.33%), Vitamin B6: 0.15mg (7.36%), Magnesium: 25.24mg (6.31%), Vitamin A: 306.75IU (6.14%), Zinc: 0.89mg (5.97%), Copper: 0.09mg (4.64%), Vitamin B5: 0.43mg (4.32%), Potassium: 134.57mg (3.85%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.46µg (3.1%), Vitamin E: 0.45mg (3.02%), Vitamin K: 2.44µg (2.33%)