

Cornbread Biscuits

READY IN



53 min.

SERVINGS



30

CALORIES



98 kcal

Ingredients

- ☐ 0.3 cup butter cold cut into pieces
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups buttermilk
- ☐ 0.5 cup self-rising cornmeal mix yellow
- ☐ 0.3 cup shortening cut into pieces
- ☐ 3 cups self-rising soft-wheat flour
- ☐ 1 teaspoon cornmeal yellow

Equipment

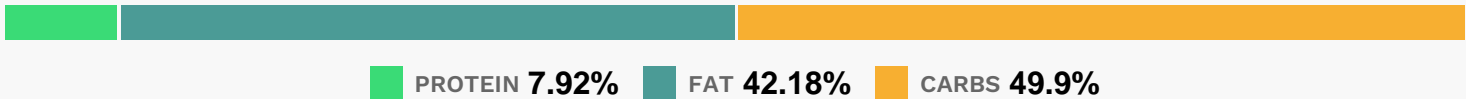
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 50
- ☐ Whisk together first 2 ingredients in a large bowl.
- ☐ Cut in cold butter and shortening with a pastry blender until mixture resembles small peas and dough is crumbly. Cover and chill 10 minutes.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a heavily floured surface; knead 3 or 4 times. Pat dough into a 3/4-inch-thick circle.
- ☐ Cut dough with a well-floured 2 1/2-inch round cutter, rerolling scraps as needed.
- ☐ Sprinkle cornmeal on ungreased baking sheets; place biscuits on baking sheets. Lightly brush tops with 2 Tbsp. melted butter.
- ☐ Bake at 500 for 13 to 15 minutes or until golden brown.
- ☐ Note: We tested with White Lily Bleached Self-Rising Flour.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:7.11, Inflammation Score:-2, Nutrition Score:2.8021739306657%

Nutrients (% of daily need)

Calories: 98.41kcal (4.92%), Fat: 4.6g (7.08%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.73g (4.27%), Sugar: 0.62g (0.69%), Cholesterol: 7.39mg (2.46%), Sodium: 68.46mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin B1: 0.12mg (8.31%), Folate: 31.06µg (7.77%), Selenium: 4.71µg (6.73%), Vitamin B2: 0.1mg (5.63%), Manganese: 0.1mg (5.04%), Vitamin B3: 0.9mg (4.5%), Phosphorus: 42.97mg (4.3%), Iron: 0.73mg (4.04%), Calcium: 24.85mg (2.48%), Fiber: 0.52g (2.09%), Vitamin A: 98.53IU (1.97%), Magnesium: 5.61mg (1.4%), Vitamin B5: 0.13mg (1.26%), Copper: 0.03mg (1.25%), Vitamin E: 0.19mg

(1.24%), Zinc: 0.18mg (1.18%), Vitamin K: 1.18µg (1.12%), Vitamin B6: 0.02mg (1.06%), Potassium: 36.33mg (1.04%),
Vitamin D: 0.16µg (1.04%)