



Cornmeal Angel Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



110 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter chilled cut into small pieces
- 2.3 teaspoons yeast dry
- 4 cups flour all-purpose
- 2 cups buttermilk low-fat
- 1.5 teaspoons salt
- 0.3 cup sugar

- 0.5 cup warm water (100° to 110°)
- 0.8 cup cornmeal yellow
- 2 teaspoons cornmeal yellow

Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- measuring cup

Directions

- Dissolve yeast in warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 3/4 cup cornmeal, and next 4 ingredients (sugar through baking powder) in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add yeast mixture and buttermilk; stir just until moist. Cover; chill dough at least 2 hours or overnight.
- Preheat oven to 45
- Turn dough out onto a lightly floured surface; knead 5 or 6 times.
- Roll dough to 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter into 32 biscuits.
- Place on 2 ungreased baking sheets. Coat tops of dough with cooking spray; sprinkle tops evenly with 2 teaspoons cornmeal.
- Let stand 20 minutes.
- Bake at 450 for 12 minutes.

Nutrition Facts



■ PROTEIN **9.49%** ■ FAT **28.15%** ■ CARBS **62.36%**

Properties

Glycemic Index:13.25, Glycemic Load:11.43, Inflammation Score:-2, Nutrition Score:3.3821738854699%

Nutrients (% of daily need)

Calories: 109.89kcal (5.49%), Fat: 3.44g (5.29%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.29g (5.92%), Sugar: 2.38g (2.65%), Cholesterol: 8.23mg (2.74%), Sodium: 202.24mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin B1: 0.16mg (10.9%), Folate: 35.88µg (8.97%), Selenium: 5.89µg (8.42%), Vitamin B2: 0.11mg (6.71%), Manganese: 0.13mg (6.63%), Vitamin B3: 1.12mg (5.58%), Iron: 0.87mg (4.83%), Phosphorus: 43.87mg (4.39%), Fiber: 0.84g (3.37%), Calcium: 28.43mg (2.84%), Magnesium: 9.47mg (2.37%), Zinc: 0.31mg (2.09%), Vitamin A: 95.69IU (1.91%), Vitamin B6: 0.04mg (1.9%), Copper: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.66%), Potassium: 54.79mg (1.57%)