



## Cornmeal Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

DESSERT

### Ingredients

- 1.5 cups flour all-purpose plus more for rolling out dough
- 0.3 cup cornmeal yellow
- 2 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 0.8 teaspoon salt
- 1.5 tablespoons sugar
- 6 tablespoons butter unsalted chilled plus more for topping, if desired cut into ½-inch pieces,
- 0.8 cup nonfat buttermilk

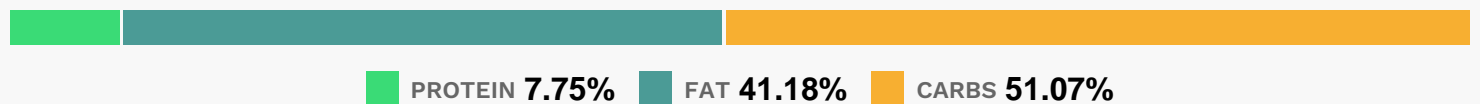
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wooden spoon
- cookie cutter
- pastry cutter

## Directions

- Heat oven to 400 degrees. In a medium bowl, whisk together flour, cornmeal, baking powder, baking soda, salt, and sugar. Using your fingers or a pastry cutter, cut butter into flour mixture. Using a wooden spoon, stir in 3/4 cup buttermilk until the mixture holds together.
- Line a baking sheet with parchment paper. On a lightly floured work surface, roll out dough to a 1-inch thickness. Using a 2-inch-round cookie cutter or a drinking glass, cut out eight rounds, and place on prepared parchment; discard scraps of dough.
- Brush tops of biscuits with remaining tablespoon buttermilk.
- Bake until golden and puffy, about 12 minutes. If desired, spread with butter or honey.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:76.4, Glycemic Load:33.85, Inflammation Score:-5, Nutrition Score:9.3356522891832%

## Nutrients (% of daily need)

Calories: 394.6kcal (19.73%), Fat: 18.09g (27.83%), Saturated Fat: 10.96g (68.52%), Carbohydrates: 50.47g (16.82%), Net Carbohydrates: 48.26g (17.55%), Sugar: 7g (7.78%), Cholesterol: 46.04mg (15.35%), Sodium:

897.73mg (39.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.33%), Vitamin B1: 0.4mg (26.59%), Selenium: 16.73µg (23.9%), Folate: 89.79µg (22.45%), Manganese: 0.39mg (19.29%), Vitamin B3: 3.02mg (15.11%), Iron: 2.7mg (15.01%), Vitamin B2: 0.25mg (14.64%), Calcium: 136.27mg (13.63%), Phosphorus: 121.84mg (12.18%), Vitamin A: 524.79IU (10.5%), Fiber: 2.2g (8.81%), Magnesium: 21.92mg (5.48%), Copper: 0.1mg (4.79%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.29mg (2.88%), Potassium: 87.78mg (2.51%), Vitamin D: 0.31µg (2.1%), Vitamin K: 1.63µg (1.55%)