



Cornmeal Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



113 kcal

Ingredients

- ☐ 1 cup butter
- ☐ 2 cups buttermilk
- ☐ 0.3 cup milk
- ☐ 4 cups self raising flour
- ☐ 0.5 cup cornmeal yellow

Equipment

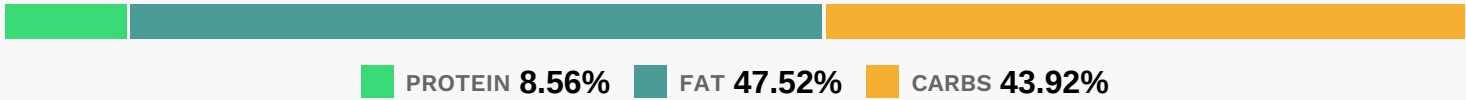
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ blender

Directions

- ☐ Combine flour and cornmeal in a large bowl; cut in butter with a pastry blender or fork until crumbly.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 2 to 3 times.
- ☐ Pat or roll dough to a 1/2-inch thickness, and cut with a 2-inch round cutter.
- ☐ Place on lightly greased baking sheets. Reroll remaining dough, and proceed as directed.
- ☐ Brush tops with milk.
- ☐ Bake at 425 for 13 to 15 minutes or until golden.
- ☐ *White cornmeal may be substituted.
- ☐ Note: For testing purposes only, we used Pillsbury Self-Rising Flour.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:7.72, Inflammation Score:-1, Nutrition Score:2.070869549461%

Nutrients (% of daily need)

Calories: 113.11kcal (5.66%), Fat: 5.97g (9.18%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 11.88g (4.32%), Sugar: 0.81g (0.9%), Cholesterol: 15.23mg (5.08%), Sodium: 55.55mg (2.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Selenium: 6.24µg (8.91%), Manganese: 0.12mg (6.24%), Vitamin A: 182.6IU (3.65%), Phosphorus: 33mg (3.3%), Vitamin B2: 0.04mg (2.22%), Fiber: 0.54g (2.16%), Calcium: 21.15mg (2.11%), Magnesium: 7.5mg (1.87%), Copper: 0.03mg (1.7%), Vitamin B1: 0.03mg (1.68%), Zinc: 0.25mg (1.67%), Folate: 6.19µg (1.55%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.14mg (1.38%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.19µg (1.28%), Potassium: 43.05mg (1.23%), Vitamin B6: 0.02mg (1.21%), Iron: 0.2mg (1.09%), Vitamin B3: 0.21mg (1.05%)