



Cornmeal Buttermilk Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 3 tablespoons butter chilled cut into small pieces
- 0.5 cup cornmeal
- 1 cup flour all-purpose
- 0.5 cup buttermilk low-fat
- 0.5 teaspoon salt
- 1.5 tablespoons sugar

Equipment

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

Directions

- Preheat oven to 45
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, cornmeal, sugar, baking powder, and salt in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add buttermilk; stir just until moist.
- Turn dough out onto a lightly floured surface. Pat dough into an 8 x 4-inch rectangle.
- Cut dough by making 1 lengthwise cut and 3 crosswise cuts to form 8 biscuits.
- Place biscuits, 1 inch apart, on an ungreased baking sheet.
- Bake at 450 for 12 minutes or until golden.
- Serve biscuits warm or at room temperature.

Nutrition Facts



PROTEIN 8.43% **FAT 31.26%** **CARBS 60.31%**

Properties

Glycemic Index:44.45, Glycemic Load:14.77, Inflammation Score:-2, Nutrition Score:4.2791304666063%

Nutrients (% of daily need)

Calories: 147.87kcal (7.39%), Fat: 5.16g (7.94%), Saturated Fat: 2.93g (18.28%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.05g (7.65%), Sugar: 3.16g (3.52%), Cholesterol: 11.89mg (3.96%), Sodium: 308.03mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin B1: 0.16mg (10.52%), Selenium: 6.26µg (8.95%), Manganese: 0.17mg (8.56%), Folate: 32.88µg (8.22%), Calcium: 80.47mg (8.05%), Phosphorus: 75.75mg (7.58%), Vitamin B2: 0.11mg (6.57%), Iron: 1.14mg (6.35%), Vitamin B3: 1.18mg (5.89%), Fiber: 1.36g (5.43%),

Magnesium: 16.1mg (4.02%), Vitamin B6: 0.07mg (3.54%), Zinc: 0.49mg (3.24%), Vitamin A: 138.25IU (2.76%),
Copper: 0.05mg (2.43%), Potassium: 72.9mg (2.08%), Vitamin B5: 0.17mg (1.75%), Vitamin E: 0.18mg (1.17%)