



Cornmeal-Chive Biscuits

READY IN



45 min.

SERVINGS



1

CALORIES



2410 kcal

Ingredients

- ☐ 0.5 cup butter cold
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups buttermilk whole
- ☐ 0.5 cup self-rising cornmeal mix yellow
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cups self-rising soft-wheat flour

Equipment

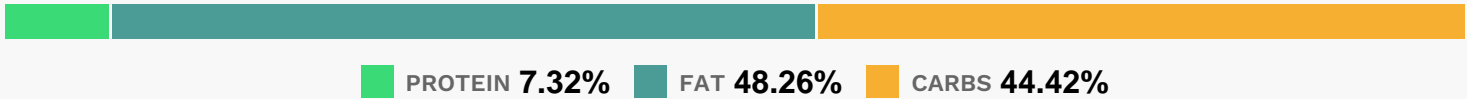
- ☐ bowl
- ☐ frying pan

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ Combine flour and cornmeal in a large bowl.
- ☐ Cut butter into 1/2-inch-thick slices.
- ☐ Sprinkle butter over flour mixture, and toss.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly. Cover and chill 10 minutes. Stir in chives.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto floured surface, and knead 3 or 4 times, gradually adding additional self-rising flour as needed. With floured hands, pat dough into a 3/4-inch-thick rectangle (about 9 x 5 inches); dust top with flour. Fold dough over itself in 3 sections, starting with short end (as if folding a letter-size piece of paper). Repeat 2 more times, beginning with patting dough into a rectangle.
- ☐ Pat dough to 1/2-inch thickness.
- ☐ Cut with a 2-inch round cutter, and place, side by side, on a parchment paper-lined or lightly greased jelly-roll pan. (Dough rounds should touch.)
- ☐ Bake at 425 for 13 to 15 minutes or until lightly browned.
- ☐ Remove from oven; brush with 2 Tbsp. melted butter.
- ☐ Note: We tested with White Lily soft-wheat self-rising flour.

Nutrition Facts



Properties

Glycemic Index:251, Glycemic Load:142.71, Inflammation Score:-10, Nutrition Score:56.611304531927%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 2410.35kcal (120.52%), Fat: 129.66g (199.47%), Saturated Fat: 79.18g (494.86%), Carbohydrates: 268.5g (89.5%), Net Carbohydrates: 256.06g (93.11%), Sugar: 15.65g (17.39%), Cholesterol: 337.23mg (112.41%), Sodium: 2351.4mg (102.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.24g (88.48%), Vitamin B1: 2.73mg (181.8%), Folate: 715.15µg (178.79%), Selenium: 97.39µg (139.12%), Vitamin B2: 2.18mg (128.38%), Phosphorus: 1120.04mg (112%), Manganese: 2.21mg (110.27%), Vitamin B3: 19.6mg (97.99%), Vitamin A: 4855.44IU (97.11%), Iron: 16.14mg (89.66%), Calcium: 682.88mg (68.29%), Fiber: 12.44g (49.75%), Vitamin K: 39.96µg (38.05%), Magnesium: 139.33mg (34.83%), Copper: 0.57mg (28.7%), Zinc: 4.27mg (28.49%), Vitamin B6: 0.57mg (28.39%), Vitamin B5: 2.76mg (27.59%), Vitamin B12: 1.62µg (27.01%), Potassium: 921.88mg (26.34%), Vitamin D: 3.9µg (26%), Vitamin E: 3.67mg (24.47%), Vitamin C: 7.75mg (9.39%)