



## Country Ham Biscuits



Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



101 kcal

### Ingredients

- ☐ 2 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter melted ()
- ☐ 0.7 cups buttermilk cold
- ☐ 2 cups partially (see headnote)
- ☐ 1 teaspoon salt
- ☐ 0.3 pound veggie broth sliced
- ☐ 0.3 cup shortening very cold

### Equipment

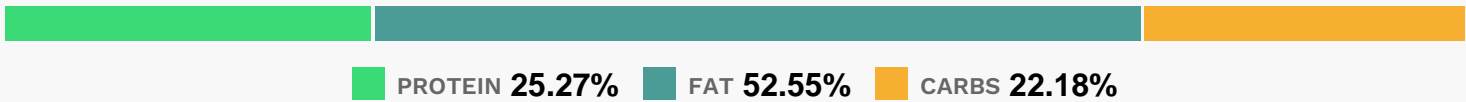
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Preheat oven to 500°F.
- ☐ Combine flour, baking powder, and salt into large bowl.
- ☐ Cut in shortening with pastry blender or 2 knives until crumbs are the size of peas.
- ☐ Blend in just enough milk with fork until dough leaves sides of bowl. (A biscuit that is a little wet is better than one that is on the dry side.)
- ☐ Knead gently 2 to 3 times on lightly floured surface.
- ☐ Gently roll dough to 1/2-inch thickness.
- ☐ Cut using floured 1 1/2-inch biscuit cutter.
- ☐ Place on baking sheet 1 inch apart.
- ☐ Bake 8–10 minutes or until golden brown.
- ☐ Transfer biscuits to a wire rack to cool.
- ☐ Once cool, split the biscuits in half and butter the inside of each half.
- ☐ Tear ham into biscuit-sized pieces and sandwich a couple of small pieces inside each biscuit.
- ☐ Before serving, butter biscuit tops with remaining melted butter.

## Nutrition Facts



## Properties

Glycemic Index:13.63, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:6.8352174992147%

## Nutrients (% of daily need)

Calories: 100.71kcal (5.04%), Fat: 6.2g (9.54%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.02g (2.25%), Cholesterol: 4.86mg (1.62%), Sodium: 355.83mg (15.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.41%), Manganese: 0.44mg (22.1%), Calcium: 140.08mg (14.01%), Phosphorus: 136.29mg (13.63%), Selenium: 8.64µg (12.34%), Copper: 0.23mg (11.34%), Vitamin B1: 0.16mg (10.52%), Magnesium: 41.34mg (10.34%), Folate: 41.01µg (10.25%), Fiber: 2.24g (8.97%), Potassium: 306.85mg (8.77%), Vitamin B6: 0.15mg (7.53%), Iron: 1.32mg (7.33%), Zinc: 0.61mg (4.09%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.28mg (2.79%), Vitamin K: 2.4µg (2.29%), Vitamin E: 0.32mg (2.14%), Vitamin B3: 0.42mg (2.11%), Vitamin A: 80.93IU (1.62%)