



Cream Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 0.5 cup butter chilled cubed (1 stick)
- ☐ 4 cups flour all-purpose plus more
- ☐ 1.5 cups cup heavy whipping cream plus more for brushing ()
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons sugar

Equipment

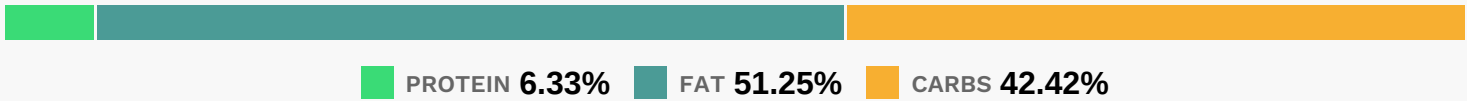
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk 4 cups flour and next 3 ingredients in a large bowl.
- ☐ Add butter; blend with your fingers until pea-size pieces form.
- ☐ Add 1 1/2 cups cream; stir until dough forms, adding more cream by tablespoonfuls if dry.
- ☐ Transfer to a lightly floured surface; roll to 3/4" thickness. Using biscuit cutter, cut into rounds. Repeat until all dough is used.
- ☐ Transfer biscuits to a parchment paper-lined baking sheet.
- ☐ Brush tops with cream and transfer to oven.
- ☐ Bake until golden brown, 25–30 minutes.
- ☐ Serve warm with Tomato and Crawfish gravies.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:24.78, Inflammation Score:-6, Nutrition Score:7.8860870068488%

Nutrients (% of daily need)

Calories: 329.13kcal (16.46%), Fat: 18.83g (28.96%), Saturated Fat: 11.77g (73.55%), Carbohydrates: 35.05g (11.68%), Net Carbohydrates: 33.93g (12.34%), Sugar: 2.98g (3.31%), Cholesterol: 53.95mg (17.98%), Sodium: 810.07mg (35.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin B1: 0.33mg (22.23%), Selenium: 15.13µg (21.61%), Folate: 77.72µg (19.43%), Vitamin B2: 0.27mg (15.61%), Manganese: 0.29mg (14.31%), Vitamin A: 673.69IU (13.47%), Vitamin B3: 2.48mg (12.42%), Iron: 2.14mg (11.87%), Calcium: 116.68mg (11.67%), Phosphorus: 97.39mg (9.74%), Fiber: 1.13g (4.51%), Vitamin E: 0.52mg (3.45%), Copper: 0.06mg (3.2%), Vitamin D: 0.48µg (3.17%), Magnesium: 11.86mg (2.96%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.37mg (2.49%), Potassium: 75.58mg (2.16%), Vitamin K: 1.74µg (1.66%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.06µg (1.06%)