



Crusty Buttermilk Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



15

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups buttermilk well-shaken cold
- ☐ 1 tablespoon kosher salt
- ☐ 5 cups unbleached flour white all-purpose sifted (sift before measuring)
- ☐ 3 tablespoons butter unsalted melted
- ☐ 0.5 cup lard cold
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Equipment

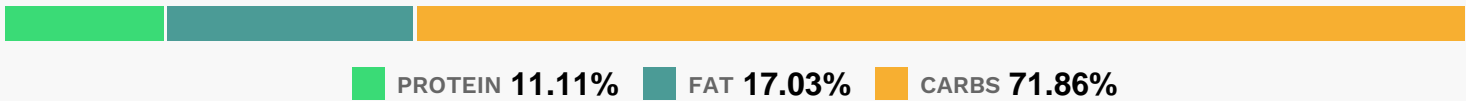
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat oven to 500°F with rack in middle.
- ☐ Sift together flour, baking powder, and salt into a large bowl.
- ☐ Add lard, coating it with flour, then rub between your fingertips until coarsely blended with some 1/2-inch lumps.
- ☐ Make a well in flour mixture, then add buttermilk, stirring just until a dough forms (it will be soft and sticky). Turn dough out onto a floured surface and knead 8 to 10 times.
- ☐ Roll out dough with a floured rolling pin into a 12-inch round (1/2 inch thick) and, using a fork dipped in flour, prick all the way through about every 1/2 inch.
- ☐ Cut out as many rounds as possible with a 2 1/2- to 3-inch round cookie/biscuit cutter dipped in flour (do not twist cutter).
- ☐ Bake, almost touching, on an ungreased heavy baking sheet, rotating sheet after about 6 minutes if browning unevenly, until crusty and golden-brown, 12 to 15 minutes.
- ☐ Brush tops with melted butter and serve warm or at room temperature.
- ☐ Flour mixture with lard can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:23.37, Inflammation Score:-3, Nutrition Score:6.6469564671102%

Nutrients (% of daily need)

Calories: 186.62kcal (9.33%), Fat: 3.47g (5.34%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 31.84g (11.58%), Sugar: 1.29g (1.43%), Cholesterol: 8.66mg (2.89%), Sodium: 491.44mg (21.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin B1: 0.34mg (22.57%), Selenium: 15.04µg (21.49%), Folate: 77.53µg (19.38%), Vitamin B2: 0.25mg (14.59%), Manganese: 0.29mg (14.32%), Vitamin B3: 2.48mg (12.41%), Iron: 1.95mg (10.81%), Phosphorus: 66.07mg (6.61%), Fiber: 1.13g (4.5%), Calcium: 34.81mg (3.48%), Copper:

0.07mg (3.34%), Magnesium: 11.63mg (2.91%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.39mg (2.58%), Vitamin D: 0.35µg (2.36%), Potassium: 77.75mg (2.22%), Vitamin A: 109.57IU (2.19%), Vitamin B12: 0.12µg (1.92%), Vitamin B6: 0.03mg (1.35%)