

Dipping Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



167 kcal

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup unbleached bread flour
- ☐ 1 cup buttermilk plus additional for brushing biscuit tops
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 1 large eggs
- ☐ 2.5 cups regular flour whole wheat white
- ☐ 0.5 teaspoon ground thyme dried
- ☐ 0.8 teaspoon onion powder

- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

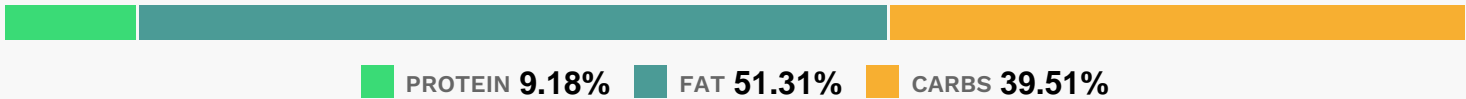
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Position rack in center of oven and preheat to 400°F. Line large rimmed baking sheet with parchment paper.
- ☐ Whisk whole wheat flour, bread flour, baking powder, salt, onion powder, baking soda, thyme, and sage in large bowl to blend.
- ☐ Add butter and rub in with fingertips until mixture resembles coarse meal.
- ☐ Whisk 1 cup buttermilk and egg in small bowl to blend.
- ☐ Add to flour mixture and mix with fork until evenly moistened (dough will be slightly sticky).
- ☐ Turn biscuit dough out onto floured work surface. Knead briefly just until dough comes together, about 4 turns. Gather dough into ball. Using hands, flatten dough to 3/4-inch-thick round. Using 2-inch-diameter biscuit cutter or cookie cutter dipped in flour, cut out rounds.
- ☐ Transfer rounds to prepared baking sheet, spacing 1 to 1 1/2 inches apart. Gather dough scraps; flatten to 3/4-inch thickness and cut out additional rounds.
- ☐ Brush tops of biscuits with additional buttermilk.
- ☐ Bake biscuits until tops are light golden and tester inserted into centers comes out clean, about 22 minutes.
- ☐ Transfer biscuits to rack.

- ☐ Serve warm or at room temperature.
- ☐ A LITTLE AHEAD: Can be made 8 hours ahead. Cool biscuits completely, then wrap in foil and store at room temperature. Rewarm foil-wrapped biscuits in 350°F oven about 10 minutes, if desired, or serve at room temperature.
- ☐ FURTHER AHEAD: Dry ingredients (the first
- ☐ can be blended up to 2 days ahead. Cover bowl with plastic wrap and let stand at room temperature.
- ☐ *White whole wheat flour is milled from 100 percent hard white wheat. It contains all of the germ and bran (and nutritional value) of regular whole wheat, but has a naturally lighter color and milder flavor. It's available at some supermarkets and specialty foods stores and from kingarthurfLOUR.com.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:2.22, Inflammation Score:-2, Nutrition Score:2.3699999809589%

Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 9.81g (15.09%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 14.99g (5.45%), Sugar: 0.77g (0.85%), Cholesterol: 36.15mg (12.05%), Sodium: 230.98mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Fiber: 2g (7.99%), Calcium: 72.44mg (7.24%), Vitamin A: 308.98IU (6.18%), Selenium: 3.19µg (4.55%), Phosphorus: 39.34mg (3.93%), Iron: 0.65mg (3.6%), Vitamin D: 0.42µg (2.78%), Vitamin B2: 0.05mg (2.72%), Vitamin E: 0.31mg (2.06%), Vitamin B12: 0.11µg (1.92%), Manganese: 0.04mg (1.85%), Potassium: 53.01mg (1.51%), Vitamin K: 1.4µg (1.34%), Vitamin B5: 0.13mg (1.34%)