



Drop Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup stick margarine chilled cut into small pieces

Equipment

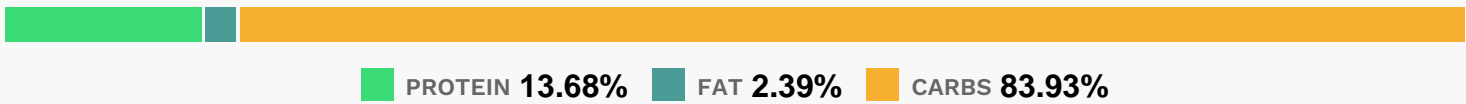
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, sugar, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add milk; stir just until moist.
- ☐ Spoon the batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 450 for 12 minutes or until golden.
- ☐ Remove biscuits from pan immediately, and place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:12.32, Inflammation Score:-2, Nutrition Score:3.9343478554941%

Nutrients (% of daily need)

Calories: 84.59kcal (4.23%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 16.94g (6.16%), Sugar: 1.42g (1.58%), Cholesterol: 0.61mg (0.2%), Sodium: 211.69mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin B1: 0.17mg (11.66%), Selenium: 7.48µg (10.68%), Folate: 38.53µg (9.63%), Calcium: 88.9mg (8.89%), Vitamin B2: 0.13mg (7.63%), Manganese: 0.14mg (7.15%), Phosphorus: 66.26mg (6.63%), Vitamin B3: 1.25mg (6.27%), Iron: 1.08mg (5.99%), Fiber: 0.56g (2.26%), Vitamin B12: 0.12µg (1.97%), Magnesium: 7.31mg (1.83%), Vitamin B5: 0.16mg (1.64%), Potassium: 56.61mg (1.62%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.53%), Vitamin D: 0.22µg (1.5%), Vitamin B6: 0.02mg (1.05%)