

## E-Z Drop Biscuits

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



159 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter melted
- 0.5 teaspoon cream of tartar
- 2 cups flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 2 teaspoons sugar white

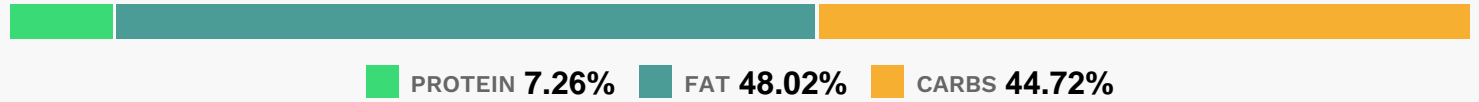
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- In a large bowl, combine flour, baking powder, sugar, cream of tartar and salt. Stir in butter and milk just until moistened. Drop batter on a lightly greased cookie sheet by the tablespoon.
- Bake in preheated oven until golden on the edges, about 8 to 12 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:27.09, Glycemic Load:12.58, Inflammation Score:-3, Nutrition Score:4.2917391320933%

## Nutrients (% of daily need)

Calories: 159.27kcal (7.96%), Fat: 8.53g (13.12%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.31g (6.29%), Sugar: 1.71g (1.89%), Cholesterol: 22.78mg (7.59%), Sodium: 223.48mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin B1: 0.18mg (11.69%), Selenium: 7.55µg (10.79%), Folate: 38.41µg (9.6%), Calcium: 89.21mg (8.92%), Vitamin B2: 0.13mg (7.9%), Manganese: 0.14mg (7.17%), Phosphorus: 67.22mg (6.72%), Vitamin B3: 1.26mg (6.28%), Iron: 1.08mg (6.02%), Vitamin A: 269.3IU (5.39%), Fiber: 0.56g (2.26%), Potassium: 75.91mg (2.17%), Vitamin B12: 0.13µg (2.1%), Magnesium: 7.49mg (1.87%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.24mg (1.61%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.53%), Vitamin D: 0.22µg (1.49%), Vitamin B6: 0.02mg (1.09%)