



Easy Biscuit Mixture

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



702 kcal

DESSERT

Ingredients

- ☐ 0.5 cup double-acting baking powder
- ☐ 10 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 2 cups shortening
- ☐ 0.3 cup sugar white

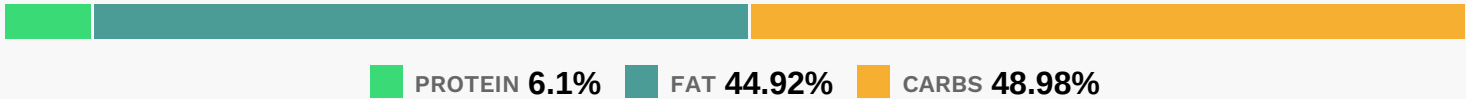
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl mix together the flour, baking powder, sugar, and salt.
- ☐ Cut in shortening until mixture resembles coarse crumbs.
- ☐ Store in an airtight container for up to 6 weeks.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:62.91, Inflammation Score:-6, Nutrition Score:19.561739030092%

Nutrients (% of daily need)

Calories: 702.47kcal (35.12%), Fat: 35.2g (54.16%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 86.37g (28.79%), Net Carbohydrates: 83.54g (30.38%), Sugar: 4.44g (4.93%), Cholesterol: 0mg (0%), Sodium: 1436mg (62.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Calcium: 595.49mg (59.55%), Vitamin B1: 0.82mg (54.97%), Selenium: 35.36µg (50.51%), Folate: 190.63µg (47.66%), Manganese: 0.71mg (35.63%), Iron: 5.95mg (33.05%), Phosphorus: 328.49mg (32.85%), Vitamin B3: 6.15mg (30.75%), Vitamin B2: 0.52mg (30.32%), Vitamin K: 18.49µg (17.61%), Vitamin E: 2.16mg (14.38%), Fiber: 2.83g (11.33%), Copper: 0.15mg (7.58%), Vitamin B5: 0.69mg (6.89%), Magnesium: 25.59mg (6.4%), Zinc: 0.73mg (4.88%), Potassium: 113.59mg (3.25%), Vitamin B6: 0.05mg (2.31%)