

Taste of Home

Easy German Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



137 kcal

DESSERT

Ingredients

- 0.3 ounce yeast dry
- 0.5 cup water (110° to 115°)
- 2.5 cups flour all-purpose
- 0.3 cup sugar
- 2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 0.3 teaspoon baking soda
- 1 cup buttermilk

0.3 cup vegetable oil

Equipment

bowl

baking sheet

oven

Directions

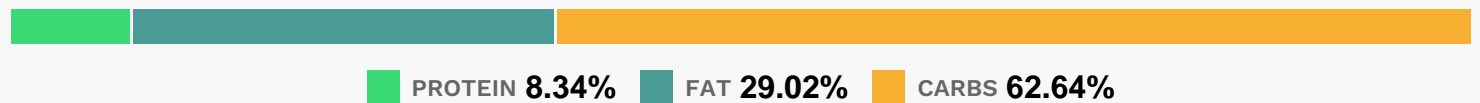
Dissolve yeast in warm water. In a large bowl, combine flour, sugar, baking powder, salt and baking soda.

Add yeast mixture, buttermilk and oil; stir well. Cover and refrigerate at least 12 hours. Punch down. Turn onto a floured surface and roll out to 1-in. thickness.

Cut with a 2-in. biscuit cutter and place 2-in. apart on a greased baking sheet.

Bake at 400° for 12 minutes.

Nutrition Facts



Properties

Glycemic Index:17.87, Glycemic Load:14.98, Inflammation Score:-2, Nutrition Score:4.4447825887929%

Nutrients (% of daily need)

Calories: 136.8kcal (6.84%), Fat: 4.42g (6.8%), Saturated Fat: 0.9g (5.59%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.76g (7.55%), Sugar: 5.27g (5.86%), Cholesterol: 1.76mg (0.59%), Sodium: 247.7mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin B1: 0.22mg (14.87%), Folate: 49.98µg (12.5%), Selenium: 7.72µg (11.03%), Vitamin B2: 0.15mg (8.83%), Manganese: 0.14mg (7.24%), Vitamin B3: 1.43mg (7.17%), Vitamin K: 6.79µg (6.47%), Iron: 1.04mg (5.8%), Calcium: 53.38mg (5.34%), Phosphorus: 50.8mg (5.08%), Fiber: 0.69g (2.76%), Vitamin B5: 0.22mg (2.16%), Vitamin E: 0.32mg (2.14%), Copper: 0.04mg (1.89%), Magnesium: 6.67mg (1.67%), Zinc: 0.25mg (1.64%), Vitamin D: 0.21µg (1.39%), Potassium: 48.63mg (1.39%), Vitamin B12: 0.07µg (1.23%), Vitamin B6: 0.02mg (1.1%)