



Elsie's Biscuits

READY IN



45 min.

SERVINGS



36

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.1 teaspoon sugar
- ☐ 0.1 teaspoon vanilla extract

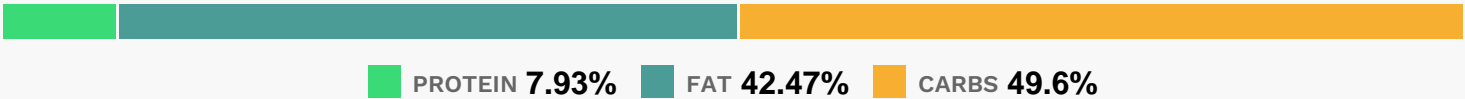
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 3 ingredients; cut in butter with a pastry blender until mixture is crumbly.
- ☐ Combine milk and next 4 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 or 4 times.
- ☐ Roll to 1/2-inch thickness; cut with a 1 1/2-inch round cutter, and place on a lightly greased baking sheet.
- ☐ Bake at 450 for 7 to 9 minutes.
- ☐ Rolled dough may be cut with a 2 1/2-inch round cutter; bake at 450
- ☐ for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:6.04, Inflammation Score:-2, Nutrition Score:2.1195651985219%

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 3.27g (5.03%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 8.31g (3.02%), Sugar: 0.44g (0.49%), Cholesterol: 2.03mg (0.68%), Sodium: 170.65mg (7.42%), Alcohol: Og (100%), Alcohol %: 0.03% (100%), Protein: 1.37g (2.75%), Vitamin B1: 0.09mg (5.73%), Selenium: 3.8µg (5.43%), Calcium: 51.88mg (5.19%), Folate: 19.39µg (4.85%), Vitamin B2: 0.07mg (3.92%), Manganese: 0.07mg (3.59%), Phosphorus: 34.46mg (3.45%), Vitamin B3: 0.62mg (3.12%), Iron: 0.56mg (3.11%), Vitamin A: 137.03IU (2.74%), Fiber: 0.28g (1.13%)