



Fake Sourdough Biscuits

READY IN



150 min.

SERVINGS



48

CALORIES



82 kcal

DESSERT

Ingredients

- 0.5 ounce active yeast dry
- 4 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 2 cups buttermilk lukewarm
- 5 cups flour all-purpose
- 1 teaspoon salt
- 0.5 cup shortening
- 0.8 cup warm water (110 degrees F/45 degrees C)
- 0.5 cup sugar white

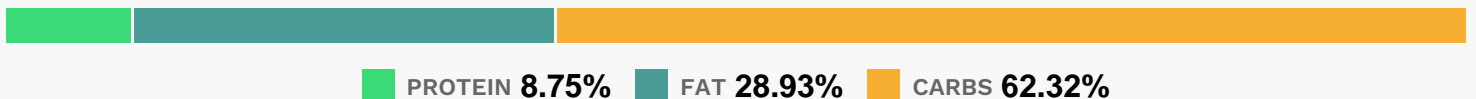
Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Dissolve yeast in warm water. Allow to stand until mixture is frothy.
- In a large bowl, whisk together flour, sugar, salt, baking powder, and soda.
- Add shortening and work until crumbly.
- Mix in yeast mixture and buttermilk. Store, well covered, in a greased bowl in the refrigerator. Don't worry if it is a little sticky; it will firm up as it chills. Dough can be stored up to 2 weeks.
- When ready to make rolls, take out amount needed. Turn dough out on a lightly floured surface, and knead for 2 or 3 minutes.
- Roll out, and cut rolls.
- Place in greased muffin cups.
- Let rise for 30 minutes.
- Bake in a preheated 400 degrees F (205 degrees C) oven for 15 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:8.88, Inflammation Score:-1, Nutrition Score:2.6417391209499%

Nutrients (% of daily need)

Calories: 81.63kcal (4.08%), Fat: 2.62g (4.04%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 12.28g (4.47%), Sugar: 2.6g (2.89%), Cholesterol: 1.1mg (0.37%), Sodium: 100.68mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin B1: 0.14mg (9.32%), Folate: 31.24µg

(7.81%), Selenium: 4.82µg (6.89%), Vitamin B2: 0.09mg (5.51%), Manganese: 0.09mg (4.52%), Vitamin B3: 0.9mg (4.48%), Iron: 0.65mg (3.63%), Calcium: 33.31mg (3.33%), Phosphorus: 31.75mg (3.17%), Fiber: 0.43g (1.73%), Vitamin B5: 0.15mg (1.49%), Copper: 0.02mg (1.17%), Vitamin K: 1.21µg (1.15%), Magnesium: 4.15mg (1.04%), Zinc: 0.15mg (1.02%)