



Feather-Light Biscuits

 Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



180 kcal

DESSERT

Ingredients

- 6 cups baking mix
- 0.3 cup sugar
- 0.3 ounce yeast dry
- 0.3 cup shortening
- 1 cups water (120° to 130°)
- 0.3 cup butter melted

Equipment

- bowl

baking sheet

oven

Directions

In a large bowl, combine the baking mix, sugar and yeast.

Cut in shortening until mixture resembles coarse crumbs. Stir in enough warm water to form a soft and slightly sticky dough. Turn onto a floured surface; knead gently 3–4 times.

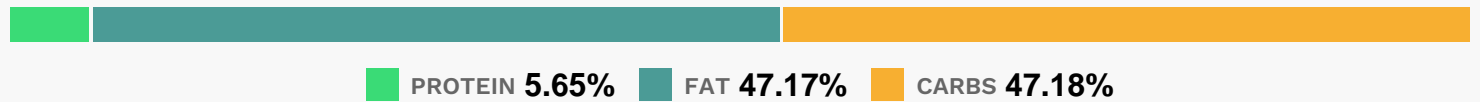
Roll dough to 3/4-in. thickness; cut with a 2-1/2-in. round biscuit cutter.

Place on ungreased baking sheets.

Brush tops with melted butter.

Bake at 400° until lightly browned, 10–12 minutes.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:4.3678260931502%

Nutrients (% of daily need)

Calories: 179.5kcal (8.98%), Fat: 9.41g (14.48%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.48g (7.45%), Sugar: 5.58g (6.2%), Cholesterol: 5.68mg (1.89%), Sodium: 398.78mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Phosphorus: 177.95mg (17.79%), Vitamin B1: 0.21mg (13.71%), Folate: 44.48µg (11.12%), Vitamin B2: 0.14mg (8.48%), Vitamin B3: 1.48mg (7.41%), Calcium: 54.7mg (5.47%), Manganese: 0.1mg (5.15%), Iron: 0.84mg (4.67%), Vitamin K: 3.63µg (3.46%), Selenium: 2.31µg (3.3%), Vitamin B5: 0.33mg (3.27%), Fiber: 0.71g (2.84%), Copper: 0.05mg (2.46%), Vitamin B12: 0.12µg (2.02%), Magnesium: 7.81mg (1.95%), Vitamin E: 0.27mg (1.79%), Potassium: 52.33mg (1.5%), Zinc: 0.21mg (1.38%), Vitamin B6: 0.03mg (1.37%), Vitamin A: 60.29IU (1.21%)