

Sourdough Drop Biscuits



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



18

CALORIES



74 kcal

Ingredients

- 0.8 teaspoon baking soda
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 1 cup starter
- 0.3 cup vegetable oil

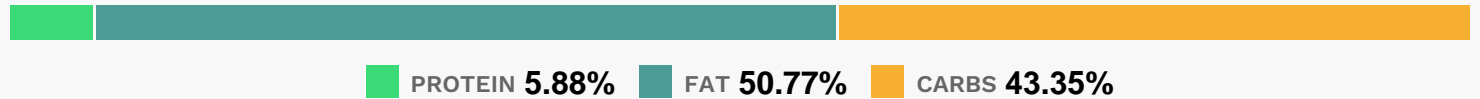
Equipment

- bowl
- baking sheet
- oven

Directions

- Sift flour, salt, and soda together into a large bowl.
- Mix starter with oil, and stir into the sifted ingredients. Drop dough by tablespoons onto an ungreased baking sheet.
- Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.83, Inflammation Score:-1, Nutrition Score:1.373043478831%

Nutrients (% of daily need)

Calories: 73.6kcal (3.68%), Fat: 4.14g (6.37%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.67g (2.79%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 78.24mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin K: 7.44µg (7.09%), Vitamin B1: 0.05mg (3.63%), Selenium: 2.35µg (3.36%), Folate: 12.71µg (3.18%), Manganese: 0.05mg (2.37%), Vitamin E: 0.33mg (2.23%), Vitamin B3: 0.41mg (2.05%), Vitamin B2: 0.03mg (2.02%), Iron: 0.32mg (1.8%), Fiber: 0.28g (1.13%)