



## Flaky Buttermilk Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



120 kcal

SIDE DISH

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 0.8 cup nonfat buttermilk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 0.5 teaspoon salt

### Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 40
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Chill 10 minutes.
- ☐ Combine buttermilk and honey, stirring with a whisk until well blended.
- ☐ Add buttermilk mixture to flour mixture; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times.
- ☐ Roll dough into a (1/2-inch-thick) 9 x 5 inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds (as if folding a piece of paper to fit into an envelope). Re-roll dough into a (1/2-inch-thick) 9 x 5 inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds; gently roll or pat to a 3/4-inch thickness.
- ☐ Cut dough with a 1 3/4-inch biscuit cutter to form 14 dough rounds.
- ☐ Place dough rounds, 1 inch apart, on a baking sheet lined with parchment paper.
- ☐ Bake at 400 for 12 minutes or until golden.
- ☐ Remove from pan; cool 2 minutes on wire racks.
- ☐ Serve warm.
- ☐ Add 1 1/4 teaspoons pumpkin pie spice to flour mixture. Decrease buttermilk to 1/3 cup; add 3/4 cup canned pumpkin to buttermilk mixture.
- ☐ Bake at 400 for 14 minutes.

## Nutrition Facts



 **PROTEIN 7.89%**  **FAT 31.6%**  **CARBS 60.51%**

## Properties

Glycemic Index:19.23, Glycemic Load:11.97, Inflammation Score:-2, Nutrition Score:2.9691304396028%

## Nutrients (% of daily need)

Calories: 119.72kcal (5.99%), Fat: 4.23g (6.51%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.73g (6.45%), Sugar: 4.38g (4.87%), Cholesterol: 11mg (3.67%), Sodium: 203.11mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin B1: 0.14mg (9.36%), Selenium: 6.14µg (8.77%), Folate: 32.92µg (8.23%), Manganese: 0.13mg (6.28%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 1.06mg (5.31%), Iron: 0.93mg (5.15%), Calcium: 47.82mg (4.78%), Phosphorus: 36.32mg (3.63%), Vitamin A: 124.95IU (2.5%), Fiber: 0.49g (1.97%), Copper: 0.03mg (1.37%), Magnesium: 4.31mg (1.08%)