



Flaky Buttery Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

Ingredients

- 1.8 cups flour all-purpose
- 2.5 teaspoons double-acting baking powder
- 1 teaspoon coarse salt
- 6 tablespoons butter unsalted chilled cut into small pieces ()
- 0.8 cup milk (see headnote)

Equipment

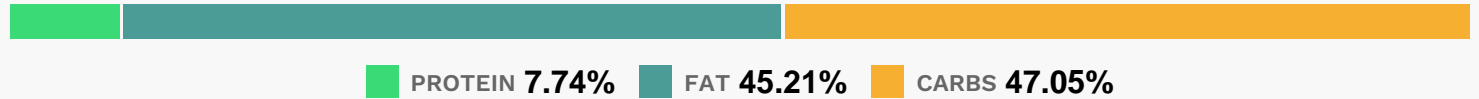
- bowl
- baking sheet
- oven

- whisk
- ziploc bags

Directions

- Preheat the oven to 450 degrees. Butter or line a baking sheet.
- In a medium bowl, whisk together the flour, baking powder, and salt. Using a fork or 2 table knives, combine the butter and flour mixture until it resembles a coarse meal. Slowly add the milk, stirring with a fork, to the desired consistency.
- For softer biscuits, drop 2 tablespoons of the dough onto the lined baking sheet. For firmer biscuits, turn the dough out onto a clean, lightly floured surface and gently knead just to bring the dough together. Carefully roll out the dough about 3/4 inch thick. Using a biscuit cutter or sturdy glass, cut about 12 biscuits, rerolling any scraps.
- Place on the lined baking sheet. (The biscuits can be frozen at this point. Freeze on the baking sheet, then remove to a resealable container or plastic bag for easier storage.)
- Bake the biscuits for 13 to 15 minutes (add 3 to 4 additional minutes for frozen ones), until golden brown. Cool slightly and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:10.55, Inflammation Score:-2, Nutrition Score:3.6191304688868%

Nutrients (% of daily need)

Calories: 126.14kcal (6.31%), Fat: 6.34g (9.76%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 14.36g (5.22%), Sugar: 0.79g (0.87%), Cholesterol: 16.88mg (5.63%), Sodium: 289.05mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin B1: 0.15mg (10.13%), Selenium: 6.54µg (9.35%), Folate: 33.57µg (8.39%), Calcium: 72.26mg (7.23%), Vitamin B2: 0.11mg (6.68%), Manganese: 0.13mg (6.29%), Phosphorus: 55.03mg (5.5%), Vitamin B3: 1.1mg (5.48%), Iron: 0.94mg (5.23%), Vitamin A: 199.63IU (3.99%), Fiber: 0.49g (1.98%), Vitamin D: 0.27µg (1.82%), Vitamin B12: 0.09µg (1.57%), Magnesium: 6.21mg (1.55%), Vitamin B5: 0.14mg (1.44%), Copper: 0.03mg (1.39%), Zinc: 0.2mg (1.31%), Potassium: 44.27mg (1.26%), Vitamin E: 0.18mg (1.21%)