

Fluffy Biscuits

READY IN



30 min.

SERVINGS



12

CALORIES



168 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose
- 0.7 cup milk 2%
- 0.5 teaspoon salt
- 0.5 cup shortening
- 3 teaspoons sugar

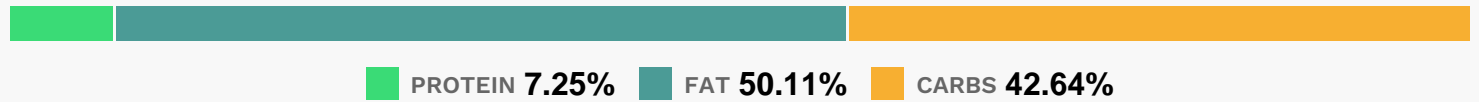
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- In a small bowl, combine the flour, baking powder, sugar and salt.
- Cut in shortening until the mixture resembles coarse crumbs.
- Whisk egg and milk; stir into dry ingredients just until moistened.
- Turn onto a well-floured surface; knead 20 times.
- Roll to 3/4-in. thickness; cut with a floured 2-1/2-in. biscuit cutter.
- Place on a lightly greased baking sheet.
- Bake at 450° for 8-10 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:12.54, Inflammation Score:-2, Nutrition Score:4.4678260540671%

Nutrients (% of daily need)

Calories: 167.7kcal (8.38%), Fat: 9.36g (14.4%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 17.35g (6.31%), Sugar: 1.73g (1.92%), Cholesterol: 14.69mg (4.9%), Sodium: 250.37mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Selenium: 8.52µg (12.18%), Vitamin B1: 0.17mg (11.46%), Folate: 40.5µg (10.13%), Calcium: 99.41mg (9.94%), Vitamin B2: 0.14mg (8.48%), Manganese: 0.15mg (7.27%), Phosphorus: 71.04mg (7.1%), Iron: 1.19mg (6.6%), Vitamin B3: 1.24mg (6.22%), Vitamin K: 4.64µg (4.42%), Vitamin E: 0.58mg (3.86%), Vitamin B5: 0.25mg (2.52%), Fiber: 0.57g (2.26%), Magnesium: 6.83mg (1.71%), Zinc: 0.26mg (1.71%), Vitamin B12: 0.1µg (1.7%), Copper: 0.03mg (1.69%), Potassium: 46.01mg (1.31%), Vitamin B6: 0.02mg (1.02%)