



Fluffy Buttermilk Biscuits

READY IN



20 min.

SERVINGS



20

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter chilled cut into pieces
- ☐ 1 tablespoon butter melted
- ☐ 1.5 cups buttermilk
- ☐ 0.3 cup shortening
- ☐ 2.3 teaspoons sugar
- ☐ 0.5 cup self-rising wheat flour soft
- ☐ 3.5 cups self-rising wheat flour soft

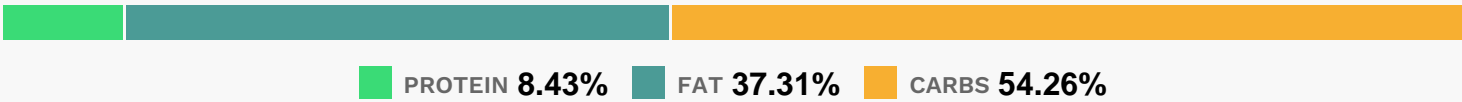
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 3 ingredients until well blended.
- ☐ Cut in shortening and chilled butter with a pastry blender or a fork until crumbly.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a well-floured surface; sprinkle with 1/2 cup self-rising flour. Knead 20 to 25 times, adding up to 1/2 cup additional flour until dough is smooth and springy to touch.
- ☐ Pat dough into a 3/4-inch-thick circle (about 8 1/2 inches round).
- ☐ Cut dough with a well-floured 2-inch round cutter, making 12 biscuits.
- ☐ Place on ungreased baking sheets. Knead remaining dough together 3 or 4 times; repeat procedure, making 6 more biscuits. Lightly brush tops with melted butter.
- ☐ Bake at 500 for 9 to 11 minutes or until golden.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Soft Wheat Flour.
- ☐ Rosemary Biscuits: Stir 2 to 3 tsp. chopped fresh rosemary into dry ingredients. Proceed as directed.
- ☐ Parmesan-Pepper Biscuits: Stir 1/2 cup (2 oz.) grated Parmesan cheese and 2 tsp. coarsely ground pepper into dry ingredients. (Less flour will be required while kneading.) Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:14.5, Inflammation Score:-2, Nutrition Score:4.4508695084116%

Nutrients (% of daily need)

Calories: 152.15kcal (7.61%), Fat: 6.27g (9.65%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 19.85g (7.22%), Sugar: 1.4g (1.55%), Cholesterol: 9.59mg (3.2%), Sodium: 89.95mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin B1: 0.21mg (13.69%), Selenium: 9.18µg (13.11%), Folate: 46.76µg (11.69%), Vitamin B2: 0.16mg (9.16%), Manganese: 0.17mg (8.56%), Vitamin B3: 1.49mg (7.47%), Iron: 1.22mg (6.77%), Phosphorus: 53.01mg (5.3%), Calcium: 51.77mg (5.18%), Fiber: 0.68g (2.7%), Vitamin A: 118.1IU (2.36%), Copper: 0.04mg (2.03%), Vitamin B5: 0.2mg (1.99%), Magnesium: 7.49mg (1.87%), Vitamin E: 0.27mg (1.78%), Vitamin K: 1.74µg (1.66%), Zinc: 0.25mg (1.64%), Vitamin D: 0.23µg (1.56%), Potassium: 52mg (1.49%), Vitamin B12: 0.09µg (1.48%)