



Fluffy Cream Cheese Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups buttermilk
- ☐ 8 oz cream cheese cold cut into pieces
- ☐ 5 cups flour all-purpose

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup warm water (105° to 115°)

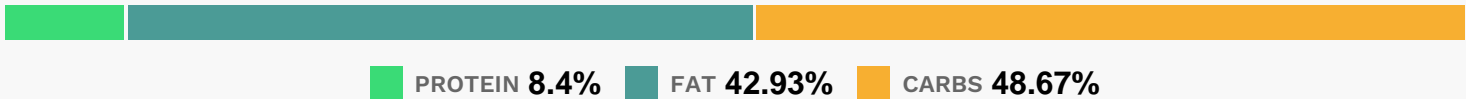
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine yeast and warm water in a small bowl; let stand 5 minutes.
- ☐ Meanwhile, whisk together flour and next 4 ingredients in a large bowl; cut cream cheese and cold butter into flour mixture with a pastry blender or fork until crumbly.
- ☐ Combine yeast mixture and buttermilk, and add to flour mixture, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead lightly 6 to 8 times (about 30 seconds to 1 minute), sprinkling with up to 1/4 cup additional flour as needed to prevent sticking.
- ☐ Roll dough to 3/4-inch thickness.
- ☐ Cut with a 2 1/2-inch round cutter, rerolling scraps once. Arrange biscuits on 2 parchment paper-lined baking sheets.
- ☐ Bake at 400 for 13 to 15 minutes or until golden brown.
- ☐ Brush with melted butter.

Nutrition Facts



Properties

Glycemic Index:26.34, Glycemic Load:24.85, Inflammation Score:-5, Nutrition Score:8.2456521106803%

Nutrients (% of daily need)

Calories: 292.74kcal (14.64%), Fat: 13.96g (21.48%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 34.37g (12.5%), Sugar: 3.26g (3.62%), Cholesterol: 37.75mg (12.58%), Sodium: 443.21mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.29%), Vitamin B1: 0.39mg (26.16%), Selenium: 16.31µg (23.3%), Folate: 89.95µg (22.49%), Vitamin B2: 0.3mg (17.5%), Manganese: 0.29mg (14.43%), Vitamin B3: 2.69mg (13.43%), Iron: 2.06mg (11.44%), Phosphorus: 100.98mg (10.1%), Vitamin A: 471.8IU (9.44%), Calcium: 93.56mg (9.36%), Fiber: 1.25g (5.01%), Vitamin B5: 0.42mg (4.19%), Copper: 0.07mg (3.54%), Magnesium: 13.23mg (3.31%), Zinc: 0.49mg (3.27%), Potassium: 98.54mg (2.82%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.14µg (2.36%), Vitamin B6: 0.04mg (2.07%), Vitamin D: 0.26µg (1.73%), Vitamin K: 1.16µg (1.11%)