



## Fluffy Whole Wheat Biscuits

 Vegetarian  Popular

READY IN



25 min.

SERVINGS



12

CALORIES



123 kcal

DESSERT

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 cup butter
- 1 cup buttermilk
- 1 cup flour all-purpose
- 0.8 teaspoon salt
- 1 tablespoon sugar white
- 1 cup flour whole wheat

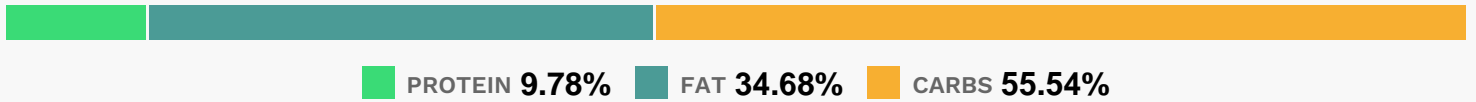
### Equipment

- bowl
- baking sheet
- oven
- knife
- blender

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Combine all-purpose flour, whole wheat flour, baking powder, sugar, and salt in bowl.
- Cut in butter with a knife or pastry blender until mixture resembles coarse crumbs; stir in buttermilk until just moistened.
- Turn dough out on a lightly floured surface; knead gently 8 to 10 times.
- Roll to about 3/4-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- Place biscuits on an ungreased baking sheet.
- Bake in preheated oven until biscuits are lightly browned, 10 to 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:26.51, Glycemic Load:7.09, Inflammation Score:-2, Nutrition Score:5.3460869555888%

## Nutrients (% of daily need)

Calories: 122.78kcal (6.14%), Fat: 4.85g (7.47%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 16.14g (5.87%), Sugar: 2.05g (2.27%), Cholesterol: 12.37mg (4.12%), Sodium: 338.5mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Manganese: 0.48mg (23.96%), Selenium: 10.51µg (15.01%), Calcium: 107.54mg (10.75%), Vitamin B1: 0.14mg (9.44%), Phosphorus: 94.3mg (9.43%), Folate: 24.6µg (6.15%), Vitamin B2: 0.1mg (6.13%), Vitamin B3: 1.13mg (5.65%), Iron: 1mg (5.55%), Fiber: 1.35g (5.42%), Magnesium: 18.45mg (4.61%), Copper: 0.06mg (3.07%), Vitamin A: 152.08IU (3.04%), Zinc: 0.41mg (2.76%), Vitamin B6: 0.05mg (2.63%), Potassium: 75.9mg (2.17%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.2mg (1.34%)