



Fresh out of the oven" Biscuits – I Adore Food

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

DESSERT

Ingredients

- 2 flour
- 1 Tablespoon double-acting baking powder
- 0.5 Teaspoon salt
- 1 Tablespoon sugar
- 0.3 cup butter
- 1 cup milk

Equipment

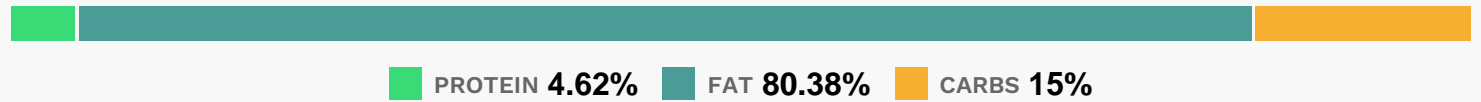
- bowl

- baking sheet
- oven
- whisk

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a large bowl, whisk together the flour, baking powder, salt, and sugar.
- Cut in the margarine until the mixture resembles coarse meal. Gradually stir in milk until dough pulls away from the side of the bowl.
- Turn out onto a floured surface, and knead 15 to 20 times. Pat or roll dough out to 1 inch thick.
- Cut biscuits with a large cutter or juice glass dipped in flour. Repeat until all dough is used.
- Brush off the excess flour, and place biscuits onto an un-greased baking sheet.
- Bake for 13 to 15 minutes in the preheated oven, or until edges begin to brown.
- Add a bit of old cheddar to the batter to make them cheesy! :)

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:2.81, Inflammation Score:-4, Nutrition Score:2.7156521458503%

Nutrients (% of daily need)

Calories: 125.05kcal (6.25%), Fat: 11.46g (17.64%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.8g (1.75%), Sugar: 3.95g (4.39%), Cholesterol: 4.88mg (1.63%), Sodium: 540.19mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Calcium: 171.51mg (17.15%), Vitamin A: 516.98IU (10.34%), Phosphorus: 88.15mg (8.82%), Vitamin B12: 0.23µg (3.87%), Vitamin B2: 0.06mg (3.69%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.41mg (2.74%), Potassium: 67.13mg (1.92%), Vitamin B1: 0.03mg (1.78%), Vitamin B5: 0.16mg (1.64%), Magnesium: 5.88mg (1.47%), Iron: 0.24mg (1.33%), Vitamin B6: 0.03mg (1.3%), Selenium: 0.9µg (1.29%), Zinc: 0.17mg (1.13%)