



## Gluten-Free Buttermilk Biscuits

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup buttermilk
- 1 cup cornstarch
- 1 teaspoon xanthan gum
- 0.5 teaspoon salt fine
- 0.3 cup sorghum flour
- 0.5 cup tapioca flour for dusting plus more the work surface
- 3 tablespoons butter unsalted cold

- 3 tablespoons shortening cold

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- cake form
- spatula
- pastry brush

## Directions

- Heat the oven to 425°F and arrange a rack in the middle. Using a pastry brush, coat a 9-inch round cake pan with half of the melted butter. Set the pan and the remaining melted butter aside.
- Place the cornstarch, tapioca flour, sorghum flour, baking powder, guar gum, and salt in a large bowl and whisk to combine and break up any lumps. Using a pastry blender or your fingers, cut the cold butter and vegetable shortening into the dry ingredients until they are pea-size pieces.
- Add the buttermilk and stir with a rubber spatula just until the dough forms a ball. Turn the dough onto a work surface dusted with tapioca flour and knead just until smooth, about 3 to 4 turns (do not overwork the dough). Pat the dough into a 1-inch-thick disk about 6 inches in diameter. Using a 2-inch round cutter dipped in tapioca flour to prevent sticking, cut out as many biscuits as possible. Form the scraps into another 1-inch-thick disk and continue to cut biscuits until you have 8 total. Discard the remaining scraps. Arrange the biscuits in a circle in the prepared pan about 1/4 inch apart (the center of the pan will be empty).
- Brush the tops of the biscuits with all of the remaining melted butter.
- Bake until golden brown, about 20 to 25 minutes.
- Remove from the oven and let cool slightly in the pan on a wire rack.
- Serve warm with butter, agave syrup, or preserves.

# Nutrition Facts

PROTEIN 2.66% FAT 45.4% CARBS 51.94%

## Properties

Glycemic Index:15.38, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:2.7108695403389%

## Nutrients (% of daily need)

Calories: 199.93kcal (10%), Fat: 10.18g (15.67%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 25.52g (9.28%), Sugar: 1.54g (1.71%), Cholesterol: 14.59mg (4.86%), Sodium: 338.3mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Calcium: 124.81mg (12.48%), Phosphorus: 73.48mg (7.35%), Vitamin A: 180.7IU (3.61%), Vitamin B2: 0.06mg (3.26%), Vitamin D: 0.47µg (3.13%), Vitamin K: 3.25µg (3.1%), Vitamin E: 0.46mg (3.04%), Selenium: 2.07µg (2.96%), Manganese: 0.06mg (2.89%), Fiber: 0.69g (2.76%), Iron: 0.47mg (2.59%), Vitamin B12: 0.15µg (2.45%), Magnesium: 8.49mg (2.12%), Vitamin B5: 0.19mg (1.87%), Vitamin B1: 0.03mg (1.71%), Potassium: 55.73mg (1.59%), Copper: 0.02mg (1.25%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.2%), Vitamin B3: 0.22mg (1.12%)