



Gluten Free Dairy Free Buttermilk Biscuits



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

Ingredients

- 2 cups almond flour
- 1 cup tapioca/arrowroot flour
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon xanthan gum
- 2 tablespoons sugar
- 1.3 teaspoons salt
- 5 tablespoons butter (vegan)
- 2 eggs

0.3 cup vinegar with ¼ t white vinegar

Equipment

frying pan

oven

pastry cutter

Directions

Preheat oven to 400 degrees

Make the buttermilk. Stir together the milk alternative, I used soy milk, and vinegar.

Let stand.

Stir together the almond flour, cornstarch, baking powder, xanthan gum, salt, and sugar until well combined.

Add in the butter and cut in with a pastry cutter (a fork will work also) until well blended.

Stir in the eggs and buttermilk. If your dough seems a little bit wet so add 1-2 more Tbsp of almond flour. You want your dough to be sticky but not wet.

Lightly grease a pan, roll dough into golf-ball sized balls, and place close together but not quite touching. The dough makes 10-12 biscuits.

Lightly press each biscuit to slightly flatten so they look more like biscuits as opposed to a roll.

Bake for 17-20 minutes, or until nicely browned.

Nutrition Facts



PROTEIN 9.25% **FAT 61.59%** **CARBS 29.16%**

Properties

Glycemic Index:28.92, Glycemic Load:9.21, Inflammation Score:-1, Nutrition Score:2.0417391304348%

Nutrients (% of daily need)

Calories: 205.2kcal (10.26%), Fat: 14.69g (22.59%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 13.21g (4.8%), Sugar: 2.68g (2.98%), Cholesterol: 39.82mg (13.27%), Sodium: 347.11mg (15.09%),

Protein: 4.96g (9.93%), Fiber: 2.44g (9.75%), Calcium: 78.84mg (7.88%), Iron: 0.93mg (5.17%), Vitamin A: 185.38IU (3.71%), Selenium: 2.35µg (3.36%), Phosphorus: 27.95mg (2.8%), Manganese: 0.06mg (2.79%), Vitamin B2: 0.04mg (2.11%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.33%), Vitamin B12: 0.08µg (1.25%), Folate: 4.37µg (1.09%)