



Herb Buttermilk Biscuits

 Vegetarian

READY IN



32 min.

SERVINGS



17

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 9 tablespoons butter divided
- ☐ 4.5 cups flour all-purpose
- ☐ 0.3 cup poultry herbs fresh finely chopped
- ☐ 2 cups buttermilk low-fat
- ☐ 1 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup warm water 100° to 110°
- ☐ 0.5 cup cornmeal yellow

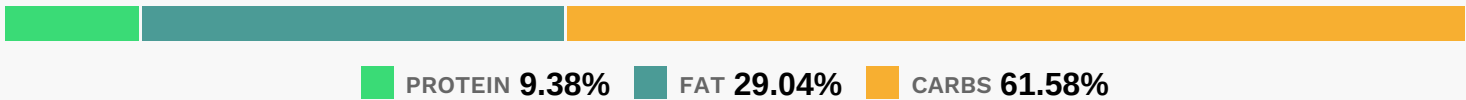
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Combine yeast and warm water (100 to 11
- ☐ in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Whisk together flour and next 5 ingredients in a large bowl.
- ☐ Cut 1 stick of butter into small pieces.
- ☐ Cut into flour mixture with a pastry blender until mixture resembles coarse meal.
- ☐ Add yeast mixture, buttermilk, and herbs; stir with a fork just until dry ingredients are moistened. Cover and chill dough for 1 hour.
- ☐ Turn out dough onto a floured surface; knead lightly 5 times.
- ☐ Roll dough to 1/2" thickness; cut with a 2 1/2" round biscuit cutter.
- ☐ Place biscuits on 2 large baking sheets coated with cooking spray. Melt remaining 1 Tbsp. butter; brush lightly over biscuits.
- ☐ Bake at 450 for 12 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:25.03, Glycemic Load:22.42, Inflammation Score:-4, Nutrition Score:6.7104347853557%

Nutrients (% of daily need)

Calories: 215.72kcal (10.79%), Fat: 6.96g (10.7%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.74g (11.54%), Sugar: 4.46g (4.95%), Cholesterol: 17.06mg (5.69%), Sodium: 317.01mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.11%), Vitamin B1: 0.33mg (21.98%), Folate: 73.77µg (18.44%), Selenium: 12.19µg (17.41%), Vitamin B2: 0.23mg (13.61%), Manganese: 0.26mg (13.1%), Vitamin B3: 2.26mg (11.3%), Iron: 1.74mg (9.66%), Phosphorus: 81.17mg (8.12%), Fiber: 1.45g (5.8%), Calcium: 54.67mg (5.47%), Vitamin A: 217.11IU (4.34%), Magnesium: 16.13mg (4.03%), Zinc: 0.54mg (3.59%), Copper: 0.07mg (3.33%), Vitamin B5: 0.32mg (3.16%), Vitamin B6: 0.06mg (2.94%), Potassium: 100.03mg (2.86%), Vitamin K: 2.12µg (2.02%), Vitamin E: 0.23mg (1.51%), Vitamin B12: 0.08µg (1.25%)