



Homemade Biscuit Mix

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



11

CALORIES



472 kcal

DESSERT

Ingredients

- 0.5 cup double-acting baking powder
- 10 cups flour all-purpose
- 2 teaspoons salt
- 1.3 cups vegetable oil
- 2 tablespoons sugar white

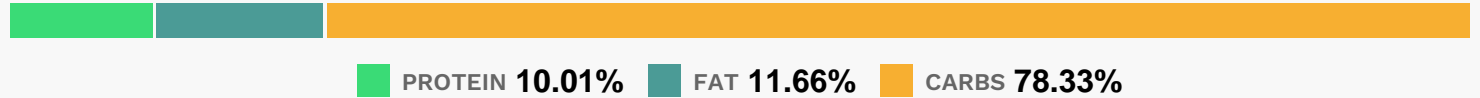
Equipment

- mixing bowl
- blender

Directions

- Combine flour, baking powder, sugar and salt in a mixing bowl.
- Add oil and mix with a fork or pastry blender; you should have small lumps throughout the mixture.
- Store in an airtight container in a cool, dry place for up to three months.

Nutrition Facts



Properties

Glycemic Index:21.55, Glycemic Load:66.98, Inflammation Score:-6, Nutrition Score:20.207391396813%

Nutrients (% of daily need)

Calories: 471.53kcal (23.58%), Fat: 6.08g (9.35%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 91.87g (30.62%), Net Carbohydrates: 88.78g (32.28%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 1565.03mg (68.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.48%), Calcium: 649.23mg (64.92%), Vitamin B1: 0.89mg (59.47%), Selenium: 38.56µg (55.08%), Folate: 207.95µg (51.99%), Manganese: 0.78mg (38.87%), Iron: 6.46mg (35.91%), Phosphorus: 358.35mg (35.83%), Vitamin B3: 6.71mg (33.55%), Vitamin B2: 0.56mg (33.05%), Fiber: 3.09g (12.36%), Vitamin K: 9.45µg (9%), Copper: 0.17mg (8.26%), Magnesium: 27.91mg (6.98%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.5mg (4.98%), Potassium: 123.87mg (3.54%), Vitamin E: 0.47mg (3.16%), Vitamin B6: 0.05mg (2.5%)