



How to Make Cream Biscuits

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 1.5 cups heavy whipping cream
- ☐ 2 cups self-rising flour
- ☐ 1 tablespoon sugar white

Equipment

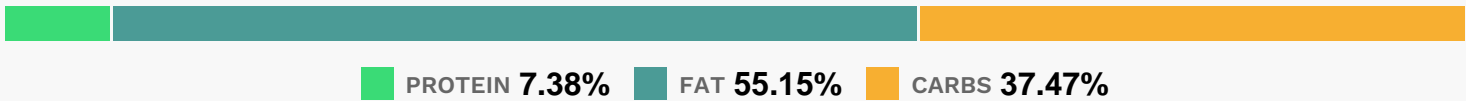
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

☐ dough scraper

Directions

- ☐ Move an oven rack to the enter position of your oven; preheat oven to 500 degrees F (260 degrees C). Line a baking sheet with aluminum foil.
- ☐ Combine self-rising flour and sugar in a mixing bowl; stir in cream until almost all the flour has been incorporated and dough is wet and sticky.
- ☐ Turn dough onto a well-floured work surface and gently press it into a rectangle about 1/2-inch thick. Use a bench scraper to lift up ends of dough and fold dough into thirds. Press dough again into a thick rectangle.
- ☐ Roll dough out into a 6x10-inch rectangle about 1/2-inch thick.
- ☐ Cut rounds from the dough using a 3-inch biscuit cutter. Gently press dough scraps together into a thick disk, roll out 1/2-inch thick, and cut 3 more biscuits. If any dough remains, lightly press it flat and cut one more biscuit from the remaining dough.
- ☐ Arrange biscuits on prepared baking sheet.
- ☐ Brush tops of biscuits generously with melted butter.
- ☐ Bake in the preheated oven until biscuits are golden brown, 10 to 12 minutes.
- ☐ Brush hot biscuits with melted butter again and let stand 2 to 3 minutes to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:12.58, Inflammation Score:-3, Nutrition Score:3.3973913374154%

Nutrients (% of daily need)

Calories: 216.25kcal (10.81%), Fat: 13.31g (20.47%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 19.74g (7.18%), Sugar: 2.32g (2.58%), Cholesterol: 40.34mg (13.45%), Sodium: 10.15mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Selenium: 11µg (15.72%), Vitamin A: 525.29IU (10.51%), Manganese: 0.2mg (9.92%), Vitamin B2: 0.08mg (4.84%), Phosphorus: 44.96mg (4.5%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.43mg (2.86%), Calcium: 27.32mg (2.73%), Copper: 0.05mg (2.48%), Folate: 9.68µg (2.42%), Fiber: 0.6g (2.4%), Magnesium: 8.75mg (2.19%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg

(1.81%), Potassium: 58.94mg (1.68%), Iron: 0.26mg (1.45%), Vitamin B3: 0.27mg (1.36%), Vitamin K: 1.22µg (1.16%),
Vitamin B6: 0.02mg (1.09%)