



Jalapeño Biscuits

 Vegetarian

READY IN



33 min.

SERVINGS



15

CALORIES



210 kcal

Ingredients

- 2 tablespoons double-acting baking powder
- 0.7 cup butter chilled cut into pieces
- 1.5 cups buttermilk
- 4 cups flour all-purpose
- 0.3 cup jalapeño peppers minced
- 1 teaspoon salt

Equipment

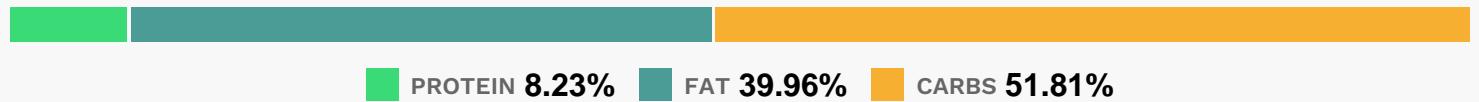
- baking sheet
- oven

blender

Directions

- Combine first 3 ingredients; cut in 2/3 cup butter with a pastry blender or 2 knives until crumbly. Stir in jalapeo.
- Add buttermilk, stirring just until dry ingredients are moistened.
- Turn out dough onto a lightly floured surface, and knead lightly 3 or 4 times. Pat or roll dough to 1/2" thickness; cut with a 2 1/2" round cutter.
- Place on a lightly greased baking sheet.
- Bake at 425 for 16 to 18 minutes or until golden.
- Brush with melted butter, if desired, before serving.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:19.19, Inflammation Score:-4, Nutrition Score:6.5613043671069%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 209.83kcal (10.49%), Fat: 9.31g (14.32%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 26.21g (9.53%), Sugar: 1.33g (1.48%), Cholesterol: 24.33mg (8.11%), Sodium: 415.42mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin B1: 0.27mg (18.27%), Selenium: 12.3µg (17.57%), Folate: 62.91µg (15.73%), Calcium: 129.31mg (12.93%), Vitamin B2: 0.21mg (12.38%), Manganese: 0.23mg (11.52%), Vitamin B3: 2.01mg (10.07%), Iron: 1.74mg (9.65%), Phosphorus: 94.27mg (9.43%), Vitamin A: 307.89IU (6.16%), Fiber: 0.95g (3.78%), Copper: 0.05mg (2.75%), Magnesium: 10.6mg (2.65%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.34mg (2.24%), Vitamin E: 0.32mg (2.16%), Vitamin C: 1.78mg (2.16%), Potassium: 74.56mg (2.13%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.31µg (2.08%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.16µg (1.1%)