

Johnny's Biscuits

READY IN



40 min.

SERVINGS



9

CALORIES



221 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 1.5 tablespoons butter melted
- ☐ 1.3 cups buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 2 cups self-rising flour
- ☐ 2 tablespoons shortening
- ☐ 1.5 tablespoons sugar white

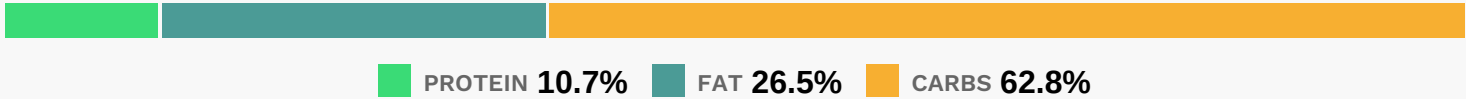
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 475 degrees F (245 degrees C). Spray a 10 1/2 inch cast iron skillet with non stick cooking spray.
- ☐ In a medium bowl, combine flour, baking soda, salt and sugar.
- ☐ Cut in the shortening and softened butter with a fork until the lumps are pea size. Gently stir in the buttermilk until all of the flour is incorporated; do not over mix. The dough should be very wet. If not, add more buttermilk to achieve a sloppy consistency.
- ☐ Let stand for 2 to 3 minutes.
- ☐ Place all-purpose flour in a bowl. Spray an ice cream scoop or large spoon with vegetable spray and scoop out dough. Drop each biscuit one at a time into the flour. Using well-floured hands, pick up each piece and pass from hand to hand lightly to shake off excess flour and shape it into a soft round.
- ☐ Place the biscuits gently into cast iron skillet. They will be a tight fit. Do not mash the biscuits down!
- ☐ Brush tops lightly with melted butter.
- ☐ Bake at 475 degrees F (245 degrees C) for 16 to 18 minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:32.57, Glycemic Load:22.62, Inflammation Score:-2, Nutrition Score:5.3782609079195%

Nutrients (% of daily need)

Calories: 221.07kcal (11.05%), Fat: 6.44g (9.91%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 33.32g (12.12%), Sugar: 3.75g (4.16%), Cholesterol: 8.68mg (2.89%), Sodium: 259.96mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Selenium: 17.01µg (24.29%), Manganese: 0.32mg (15.83%), Vitamin B1: 0.15mg (9.84%), Folate: 36.32µg (9.08%), Vitamin B2: 0.14mg (8.46%), Phosphorus: 70.84mg (7.08%), Vitamin B3: 1.13mg (5.64%), Iron: 0.91mg (5.05%), Calcium: 45.31mg (4.53%), Fiber: 1.04g (4.17%), Copper: 0.08mg (3.96%), Magnesium: 13.39mg (3.35%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.46mg (3.09%), Vitamin D: 0.43µg (2.89%), Vitamin B12: 0.16µg (2.62%), Potassium: 88.28mg (2.52%), Vitamin E: 0.37mg (2.48%), Vitamin A: 113.87IU (2.28%), Vitamin K: 1.9µg (1.81%), Vitamin B6: 0.03mg (1.42%)