



## Make-Ahead Angel Biscuits

 Vegetarian

READY IN



27 min.

SERVINGS



14

CALORIES



126 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 14 servings butter-flavored cooking spra
- ☐ 2.3 teaspoons yeast dry
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup buttermilk 1% low-fat
- ☐ 1 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup warm water 100° to 110°

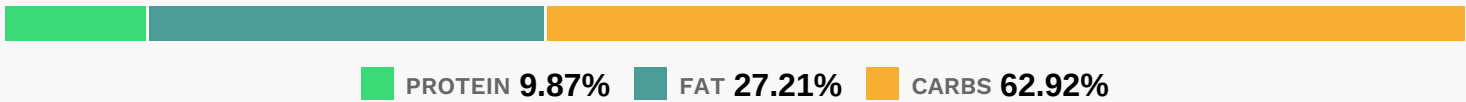
## Equipment

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

## Directions

- ☐ Dissolve yeast in warm water in a small bowl; let stand 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, salt, baking powder, and baking soda in a large bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add yeast mixture and buttermilk; stir just until moist. Cover and chill at least 2 hours or overnight.
- ☐ Preheat oven to 45
- ☐ Turn dough out onto a floured surface; knead lightly 6 times.
- ☐ Roll dough out to 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray. Spray tops lightly with cooking spray.
- ☐ Bake at 450 for 14 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:20.51, Glycemic Load:13.56, Inflammation Score:-3, Nutrition Score:4.2100000089925%

Nutrients (% of daily need)

Calories: 126.26kcal (6.31%), Fat: 3.81g (5.86%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 19.09g (6.94%), Sugar: 2.59g (2.88%), Cholesterol: 9.4mg (3.13%), Sodium: 272.76mg (11.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin B1: 0.24mg (15.75%), Folate: 53.53µg (13.38%), Selenium: 8µg (11.43%), Vitamin B2: 0.16mg (9.32%), Manganese: 0.15mg (7.73%), Vitamin B3: 1.53mg (7.65%), Iron: 1.07mg (5.97%), Phosphorus: 46.65mg (4.67%), Calcium: 33mg (3.3%), Fiber: 0.74g (2.95%), Vitamin A: 109.36IU (2.19%), Vitamin B5: 0.22mg (2.17%), Copper: 0.04mg (1.86%), Zinc: 0.27mg (1.82%), Magnesium: 7.23mg (1.81%), Potassium: 55.61mg (1.59%), Vitamin B6: 0.02mg (1.16%)