



## Martha Says These Buttermilk Biscuits Are the Best She's Ever Made

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



207 kcal

SIDE DISH

### Ingredients

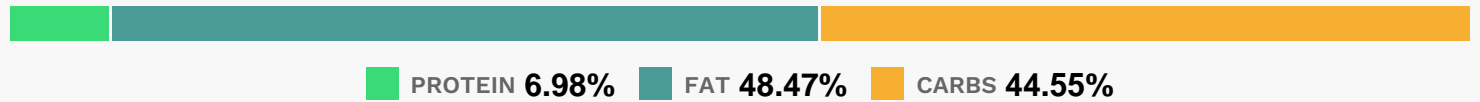
- 4 cups flour all-purpose plus more for kneading
- 4 teaspoons double-acting baking powder
- 1 tablespoon sugar
- 1 teaspoon coarse salt
- 1 teaspoon baking soda
- 1 cup butter unsalted chilled cut into ½-inch pieces, (2 sticks)
- 1.5 cups buttermilk plus more for brushing tops well

# Equipment

## Directions

- Breakfast-Sausage-and-Gruyere Drop Biscuits
- Cathead Biscuits
- Airy Angel Biscuits
- Lemon-Poppy Seed Buttermilk Biscuits
- Buttermilk Barley Biscuits

## Nutrition Facts



## Properties

Glycemic Index:14.89, Glycemic Load:16.33, Inflammation Score:-4, Nutrition Score:5.3630434741145%

## Nutrients (% of daily need)

Calories: 206.97kcal (10.35%), Fat: 11.17g (17.18%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 22.34g (8.12%), Sugar: 1.72g (1.92%), Cholesterol: 29.31mg (9.77%), Sodium: 307.17mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin B1: 0.23mg (15.21%), Selenium: 10.29µg (14.7%), Folate: 52.21µg (13.05%), Vitamin B2: 0.18mg (10.36%), Manganese: 0.19mg (9.56%), Vitamin B3: 1.66mg (8.32%), Calcium: 82.51mg (8.25%), Iron: 1.4mg (7.76%), Vitamin A: 348.15IU (6.96%), Phosphorus: 69.5mg (6.95%), Fiber: 0.75g (3.01%), Vitamin D: 0.45µg (2.99%), Copper: 0.05mg (2.36%), Vitamin E: 0.32mg (2.15%), Magnesium: 8.61mg (2.15%), Vitamin B5: 0.21mg (2.12%), Vitamin B12: 0.11µg (1.89%), Zinc: 0.28mg (1.88%), Potassium: 59.97mg (1.71%)