



Mom's Baking Powder Biscuits

READY IN



30 min.

SERVINGS



24

CALORIES



66 kcal

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 5 tablespoons shortening

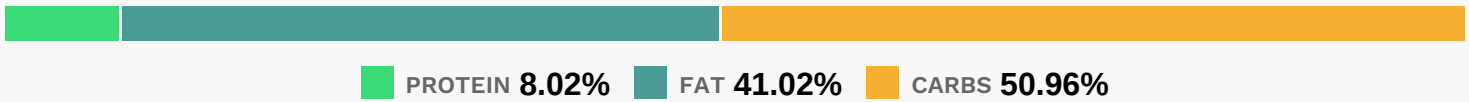
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a bowl mix the flour, baking powder and salt.
- ☐ Add the shortening and mix until in little pieces.
- ☐ Add milk a little at a time and mix until it forms a ball.
- ☐ Roll out on floured board to 1/4 inch to 1/2 inch thick.
- ☐ Cut out in desired size and dip in melted shortening.
- ☐ Place biscuits on an ungreased baking sheet.
- ☐ Bake at 450 degrees F (230 degrees C) for 12 to 15 minutes.
- ☐ Variation: For shortcakes add 2 tablespoons for sugar to the dough and roll dough out to 1/2 inch thick.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:5.99, Inflammation Score:-1, Nutrition Score:1.9547825961009%

Nutrients (% of daily need)

Calories: 66.29kcal (3.31%), Fat: 3.01g (4.63%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.14g (2.96%), Sugar: 0.39g (0.44%), Cholesterol: 0.92mg (0.31%), Sodium: 120.05mg (5.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin B1: 0.09mg (5.77%), Selenium: 3.68µg (5.25%), Folate: 19.06µg (4.77%), Vitamin B2: 0.06mg (3.65%), Manganese: 0.07mg (3.58%), Calcium: 35.5mg (3.55%), Vitamin B3: 0.62mg (3.12%), Iron: 0.53mg (2.95%), Phosphorus: 28.08mg (2.81%), Vitamin K: 1.47µg (1.4%), Vitamin E: 0.17mg (1.16%), Fiber: 0.28g (1.13%)