

Never Fail Biscuits

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup butter diced chilled
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar white

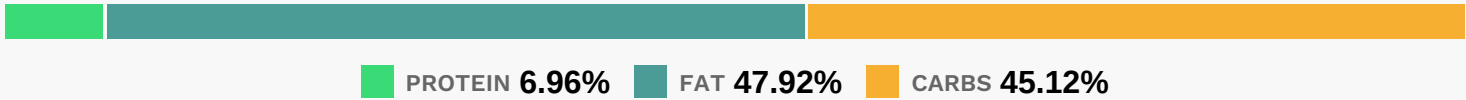
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a large bowl, sift together dry ingredients.
- ☐ Cut in butter until mixture resembles coarse oatmeal. Make a well in the center of the dry mixture and pour in the milk. Stir until dough begins to pull together then turn out onto a lightly floured surface.
- ☐ Press dough together and then roll out until 3/4 inch thick.
- ☐ Cut into 2 inch round biscuits and place on an ungreased baking sheet.
- ☐ Bake in preheated oven for 10 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:12.58, Inflammation Score:-3, Nutrition Score:4.2547826119091%

Nutrients (% of daily need)

Calories: 156.4kcal (7.82%), Fat: 8.36g (12.87%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 17.16g (6.24%), Sugar: 1.46g (1.62%), Cholesterol: 22.17mg (7.39%), Sodium: 305.33mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin B1: 0.17mg (11.5%), Selenium: 7.45µg (10.65%), Calcium: 102.58mg (10.26%), Folate: 38.41µg (9.6%), Vitamin B2: 0.13mg (7.49%), Manganese: 0.14mg (7.17%), Phosphorus: 69.39mg (6.94%), Vitamin B3: 1.25mg (6.25%), Iron: 1.12mg (6.23%), Vitamin A: 261.07IU (5.22%), Fiber: 0.57g (2.26%), Potassium: 68.36mg (1.95%), Magnesium: 6.97mg (1.74%), Vitamin B12: 0.1µg (1.64%), Vitamin E: 0.24mg (1.6%), Vitamin B5: 0.16mg (1.59%), Copper: 0.03mg (1.53%), Zinc: 0.22mg (1.45%), Vitamin D: 0.17µg (1.12%)