



Orange Biscuits

READY IN



45 min.

SERVINGS



18

CALORIES



249 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 18 servings butter melted
- 1.3 cups buttermilk
- 3 cups flour all-purpose
- 1 tablespoon orange zest grated
- 1 teaspoon salt
- 0.5 cup shortening
- 0.3 cup sugar

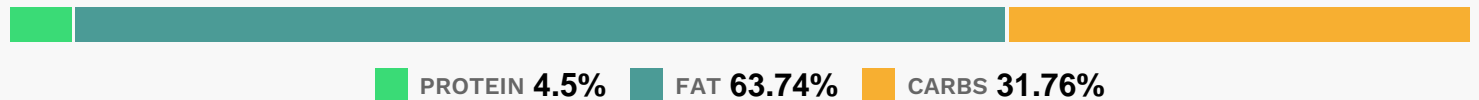
Equipment

- baking sheet
- oven
- mixing bowl
- blender

Directions

- Combine flour, sugar, baking powder, and salt in a medium mixing bowl.
- Cut in shortening with a pastry blender until mixture resembles coarse meal. Stir in orange rind.
- Dissolve soda in buttermilk; stir well.
- Pour buttermilk mixture evenly over flour mixture, stirring until dry ingredients are moistened. Turn dough out onto a lightly floured surface; knead 4 to 5 times.
- Roll dough to 1/2-inch thickness; cut with a 2-inch biscuit cutter.
- Place biscuits on a greased baking sheet; brush with melted butter.
- Bake at 450 for 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:13.86, Inflammation Score:-5, Nutrition Score:4.6108695864677%

Nutrients (% of daily need)

Calories: 248.54kcal (12.43%), Fat: 17.73g (27.28%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 19.27g (7.01%), Sugar: 3.64g (4.05%), Cholesterol: 1.83mg (0.61%), Sodium: 380.46mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin B1: 0.17mg (11.62%), Selenium: 7.7µg (11%), Vitamin A: 529.68IU (10.59%), Folate: 39.2µg (9.8%), Vitamin B2: 0.14mg (8.09%), Manganese: 0.14mg (7.16%), Calcium: 66.37mg (6.64%), Vitamin B3: 1.25mg (6.26%), Iron: 1.05mg (5.86%), Phosphorus: 54.56mg (5.46%), Vitamin E: 0.81mg (5.39%), Vitamin K: 3.14µg (2.99%), Fiber: 0.6g (2.4%), Vitamin B5: 0.21mg (2.07%), Copper: 0.03mg (1.74%), Magnesium: 6.93mg (1.73%), Vitamin B12: 0.09µg (1.51%), Potassium: 51.59mg (1.47%), Vitamin D:

0.22 μ g (1.44%), Zinc: 0.21mg (1.4%)