



Pandy's Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



138 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 4 cups self-rising flour
- ☐ 0.7 cup shortening

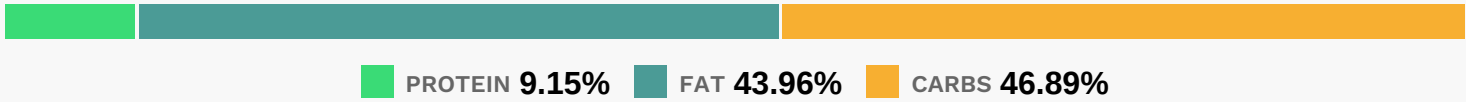
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine flour and baking soda; cut in shortening with a pastry blender until crumbly.
- ☐ Add buttermilk, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 or 4 times.
- ☐ Pat or roll dough to 3/4-inch thickness; cut with a 2-inch round cutter, and place on lightly greased baking sheets.
- ☐ Bake at 400 for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:10.09, Inflammation Score:-1, Nutrition Score:2.5217391226603%

Nutrients (% of daily need)

Calories: 137.95kcal (6.9%), Fat: 6.7g (10.31%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.59g (5.67%), Sugar: 1.04g (1.16%), Cholesterol: 2.2mg (0.73%), Sodium: 44.44mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Selenium: 9.01µg (12.87%), Manganese: 0.17mg (8.29%), Phosphorus: 37.21mg (3.72%), Vitamin K: 3.15µg (3%), Vitamin E: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.76%), Calcium: 26.18mg (2.62%), Copper: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.06%), Fiber: 0.5g (2%), Folate: 7.88µg (1.97%), Vitamin B1: 0.03mg (1.81%), Magnesium: 7.21mg (1.8%), Vitamin D: 0.26µg (1.73%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.53%), Potassium: 47.83mg (1.37%), Vitamin B3: 0.23mg (1.13%), Iron: 0.2mg (1.1%)