



Potato-Sour Cream Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



87 kcal

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons butter cut into small pieces
- 7.8 ounces flour all-purpose
- 0.5 cup buttermilk low-fat
- 0.3 cup cream sour reduced-fat
- 1 teaspoon salt
- 8 ounces yukon gold potatoes cubed peeled

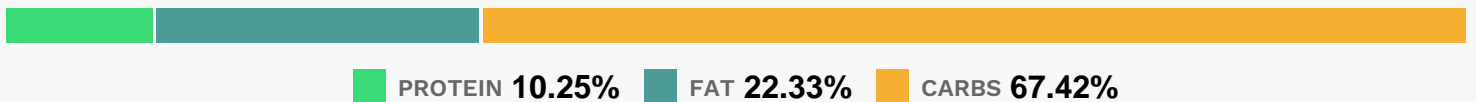
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- potato masher
- measuring cup

Directions

- Preheat oven to 450.
- Place potato in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return potato to pan.
- Add buttermilk, sour cream, and butter to pan; mash with a potato masher until smooth.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, salt, and baking soda in a large bowl.
- Add potato mixture; stir just until moist. Turn dough out onto a lightly floured surface; knead lightly 5 times. Pat dough to 3/4-inch thickness.
- Cut with a 2-inch biscuit cutter into 15 biscuits.
- Place biscuits 2 inches apart on a baking sheet coated with cooking spray.
- Bake at 450 for 15 minutes or until lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.05, Glycemic Load:10.22, Inflammation Score:-2, Nutrition Score:3.4530434862751%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 87.18kcal (4.36%), Fat: 2.16g (3.33%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 13.97g (5.08%), Sugar: 0.55g (0.61%), Cholesterol: 5.68mg (1.89%), Sodium: 304.54mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Vitamin B1: 0.13mg (8.76%), Selenium: 5.31µg (7.59%), Folate: 30.1µg (7.53%), Calcium: 66.25mg (6.62%), Manganese: 0.12mg (6.18%), Vitamin B2: 0.09mg (5.57%), Phosphorus: 52.26mg (5.23%), Vitamin B3: 1.03mg (5.16%), Iron: 0.89mg (4.97%), Vitamin C: 3.09mg (3.75%), Fiber: 0.73g (2.92%), Potassium: 100.17mg (2.86%), Vitamin B6: 0.05mg (2.73%), Magnesium: 8.22mg (2.06%), Copper: 0.04mg (1.96%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.13mg (1.33%), Vitamin A: 63.28IU (1.27%)