



## Powdermilk Biscuits

READY IN



35 min.

SERVINGS



20

CALORIES



208 kcal

DESSERT

### Ingredients

- 2.5 tablespoons double-acting baking powder
- 1.8 cups bread flour
- 1 cup buttermilk
- 1.8 cups cake flour for dusting plus more
- 2 large eggs beaten for brushing
- 1.5 teaspoons kosher salt
- 0.3 cup sugar
- 20 servings butter unsalted for the pan
- 0.8 cup vegetable shortening

## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat the oven to 350 degrees F. Butter a baking sheet.
- Whisk the bread flour, cake flour, baking powder, sugar and salt in a large bowl. Work in the shortening with your fingers until the mixture is combined. Beat the eggs and buttermilk, then stir into the flour mixture with a fork to make a shaggy dough.
- Turn the dough out onto a lightly floured surface and roll out to 1/4 inch thick.
- Cut out biscuits using a 2 1/2-inch-round cutter or glass, rerolling the scraps as needed.
- Transfer to the prepared baking sheet.
- Brush with the beaten egg.
- Bake until golden and puffy, 18 to 20 minutes.
- Transfer to a rack and let cool slightly.
- Serve warm.
- Photograph by Charles Masters

## Nutrition Facts



**PROTEIN 7.03%** **FAT 55.88%** **CARBS 37.09%**

## Properties

Glycemic Index:16.35, Glycemic Load:12.58, Inflammation Score:-1, Nutrition Score:3.6730434687241%

## Nutrients (% of daily need)

Calories: 207.79kcal (10.39%), Fat: 12.99g (19.98%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 18.87g (6.86%), Sugar: 3.17g (3.52%), Cholesterol: 30.67mg (10.22%), Sodium: 354.43mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Selenium: 10.73µg (15.33%), Calcium:

109.43mg (10.94%), Manganese: 0.18mg (8.8%), Phosphorus: 75.38mg (7.54%), Vitamin E: 0.74mg (4.9%), Vitamin K: 4.56µg (4.34%), Vitamin B2: 0.06mg (3.46%), Vitamin A: 172.19IU (3.44%), Vitamin B5: 0.28mg (2.76%), Folate: 10.32µg (2.58%), Iron: 0.46mg (2.57%), Copper: 0.05mg (2.38%), Vitamin D: 0.33µg (2.21%), Fiber: 0.53g (2.11%), Zinc: 0.3mg (2.01%), Magnesium: 7.78mg (1.94%), Vitamin B12: 0.11µg (1.8%), Vitamin B1: 0.03mg (1.8%), Potassium: 46.56mg (1.33%), Vitamin B3: 0.24mg (1.18%), Vitamin B6: 0.02mg (1.06%)