



Quick Whipping Cream Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



236 kcal

Ingredients

- 0.5 cup butter melted
- 1 cup butter
- 4 cups self-rising flour
- 1.8 cup whipping cream

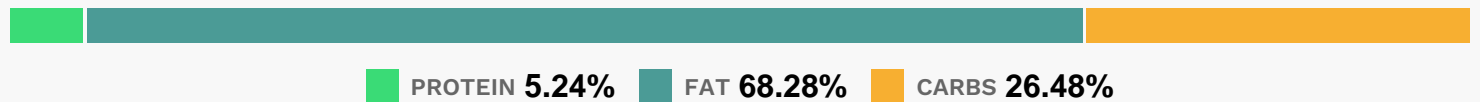
Equipment

- baking sheet
- oven
- blender

Directions

- Cut 1 cup butter into flour with a pastry blender or fork until crumbly.
- Add whipping cream, stirring just until dry ingredients are moistened.
- Turn dough out onto a lightly floured surface, and knead lightly 3 or 4 times.
- Roll or pat dough to 3/4-inch thickness.
- Cut with a 2-inch round cutter, and place biscuits on a lightly greased baking sheet.
- Bake at 400 for 13 to 15 minutes.
- Brush warm biscuits with 1/2 cup melted butter.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:9.79, Inflammation Score:-5, Nutrition Score:2.9721739616083%

Nutrients (% of daily need)

Calories: 236.22kcal (11.81%), Fat: 18.03g (27.74%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 15.23g (5.54%), Sugar: 0.57g (0.63%), Cholesterol: 19.61mg (6.54%), Sodium: 138.89mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin A: 763.01IU (15.26%), Selenium: 8.79µg (12.56%), Manganese: 0.17mg (8.26%), Vitamin E: 0.68mg (4.55%), Phosphorus: 33.54mg (3.35%), Vitamin B2: 0.05mg (2.96%), Fiber: 0.5g (2%), Copper: 0.04mg (1.99%), Folate: 7.71µg (1.93%), Calcium: 18.83mg (1.88%), Vitamin D: 0.28µg (1.85%), Magnesium: 6.85mg (1.71%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.22mg (1.46%), Vitamin B1: 0.02mg (1.44%), Potassium: 43.28mg (1.24%), Iron: 0.2mg (1.14%), Vitamin B3: 0.22mg (1.11%)