



Rosemary Biscuits

READY IN



35 min.

SERVINGS



25

CALORIES



250 kcal

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 25 servings pork sausage patties fresh
- ☐ 25 servings garnish: rosemary sprigs
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening chilled
- ☐ 0.3 cup sugar
- ☐ 3 cups self-rising soft-wheat flour
- ☐ 0.5 cup whipping cream

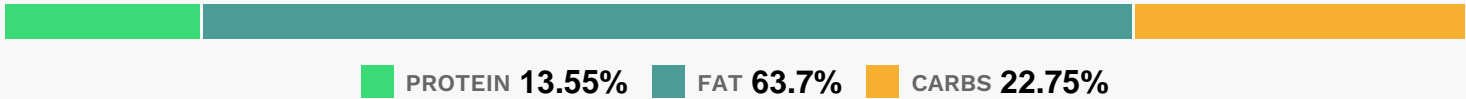
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Cut shortening into flour mixture with a pastry blender until mixture resembles coarse meal.
- ☐ Add buttermilk, whipping cream, and rosemary, stirring with a fork until all ingredients are moistened. (Dough with be soft.)
- ☐ Turn dough out onto a generously floured surface; knead 3 or 4 times. Pat or roll dough to 1" thickness; cut with a floured 2" biscuit cutter, and place biscuits 1" apart on ungreased baking sheets.
- ☐ Bake at 450 for 10 minutes or until lightly browned.
- ☐ Transfer to a wire rack, and cool slightly. Split biscuits with a fork, and fill with warm Fresh Pork Sausage Patties.
- ☐ Serve hot.
- ☐ Garnish, if desired.
- ☐ Make Ahead: Make the biscuit dough several days in advance, and freeze unbaked biscuits in a single layer on a baking sheet until frozen solid.
- ☐ Transfer to a large zip-top freezer bag. Seal and store in freezer. Arrange frozen biscuits on an ungreased baking sheet.
- ☐ Bake at 425 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:9.84, Inflammation Score:-2, Nutrition Score:5.5447826333668%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 250.37kcal (12.52%), Fat: 17.59g (27.06%), Saturated Fat: 6.07g (37.97%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.67g (4.97%), Sugar: 2.64g (2.94%), Cholesterol: 37.03mg (12.34%), Sodium: 328.74mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin B1: 0.24mg (16.1%), Vitamin B3: 2.9mg (14.49%), Vitamin B2: 0.15mg (8.96%), Phosphorus: 84.64mg (8.46%), Selenium: 5.6µg (8%), Folate: 28.98µg (7.25%), Zinc: 1.08mg (7.2%), Vitamin B6: 0.14mg (7.2%), Vitamin B12: 0.41µg (6.88%), Iron: 1.22mg (6.76%), Manganese: 0.11mg (5.4%), Vitamin D: 0.75µg (5.02%), Vitamin B5: 0.43mg (4.28%), Potassium: 140.74mg (4.02%), Magnesium: 10.87mg (2.72%), Copper: 0.05mg (2.68%), Vitamin E: 0.39mg (2.61%), Vitamin A: 124.32IU (2.49%), Vitamin K: 2.58µg (2.45%), Calcium: 22.01mg (2.2%), Fiber: 0.46g (1.86%)