



Sadie's Buttermilk Biscuits



Vegetarian



Popular

READY IN



32 min.

SERVINGS



18

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 1 teaspoon cream of tartar
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup lard
- ☐ 1 cup lard

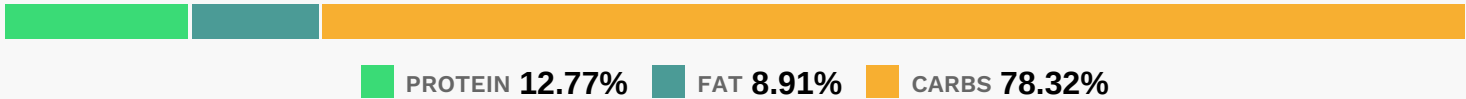
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Whisk together flour, salt, baking soda, cream of tartar, and baking powder.
- ☐ Cut lard into flour mixture using a pastry blender until crumbly; stir in buttermilk. Turn mixture onto a floured surface and knead just a few times to form a moist dough.
- ☐ Roll dough out 1-inch thick; cut biscuits with a cookie cutter or round glass.
- ☐ Place biscuits on an ungreased baking sheet.
- ☐ Bake in the preheated oven until tops are golden, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:15.96, Inflammation Score:-2, Nutrition Score:5.0821739234354%

Nutrients (% of daily need)

Calories: 118.55kcal (5.93%), Fat: 1.15g (1.78%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 22.1g (8.03%), Sugar: 1.38g (1.53%), Cholesterol: 2.93mg (0.98%), Sodium: 312.86mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin B1: 0.23mg (15.37%), Selenium: 10.41µg (14.87%), Folate: 52.17µg (13.04%), Vitamin B2: 0.18mg (10.77%), Manganese: 0.19mg (9.56%), Calcium: 87.16mg (8.72%), Vitamin B3: 1.66mg (8.32%), Iron: 1.4mg (7.79%), Phosphorus: 72.15mg (7.22%), Fiber: 0.75g (3.01%), Potassium: 93.43mg (2.67%), Copper: 0.05mg (2.36%), Vitamin D: 0.35µg (2.31%), Magnesium: 9.02mg (2.26%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.12µg (2.04%), Zinc: 0.3mg (1.98%), Vitamin B6: 0.02mg (1.09%)