



## Sage Cornmeal Biscuits

READY IN



30 min.

SERVINGS



10

CALORIES



171 kcal

### Ingredients

- 3 teaspoons double-acting baking powder
- 0.5 cup cornmeal
- 1.5 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon rubbed sage
- 0.5 teaspoon salt
- 0.3 cup shortening

### Equipment

- bowl

baking sheet

oven

## Directions

In a large bowl, combine the first five ingredients.

Cut in shortening until mixture resembles coarse crumbs. Stir in milk just until moistened.

Turn onto a lightly floured surface.

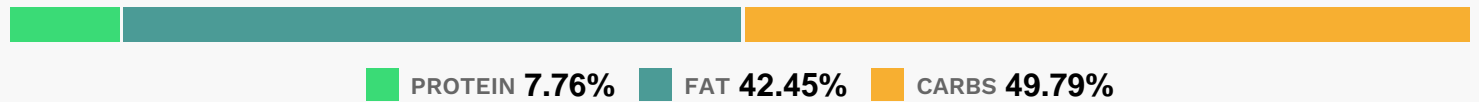
Roll to 3/4-in. thickness; cut with a floured 2-in. biscuit cutter.

Place 2 in. apart on an ungreased baking sheet.

Bake at 450° for 10–12 minutes or until browned.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:27.35, Glycemic Load:14.44, Inflammation Score:-2, Nutrition Score:4.8686956789183%

## Nutrients (% of daily need)

Calories: 170.82kcal (8.54%), Fat: 8.07g (12.42%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 20.04g (7.29%), Sugar: 1.05g (1.17%), Cholesterol: 2.2mg (0.73%), Sodium: 251.39mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin B1: 0.18mg (12.18%), Selenium: 7.18µg (10.26%), Calcium: 96.53mg (9.65%), Folate: 37.03µg (9.26%), Manganese: 0.18mg (9.01%), Phosphorus: 82.92mg (8.29%), Vitamin B2: 0.13mg (7.37%), Iron: 1.25mg (6.93%), Vitamin B3: 1.32mg (6.61%), Fiber: 1.26g (5.03%), Magnesium: 15.18mg (3.79%), Vitamin K: 3.85µg (3.66%), Vitamin B6: 0.07mg (3.33%), Vitamin E: 0.47mg (3.13%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.24mg (2.44%), Copper: 0.05mg (2.33%), Potassium: 73.43mg (2.1%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.2µg (1.34%)