



## Self-Rising Biscuits

READY IN



30 min.

SERVINGS



14

CALORIES



105 kcal

### Ingredients

- ☐ 0.8 cup milk
- ☐ 2 cups self raising flour
- ☐ 0.3 cup shortening

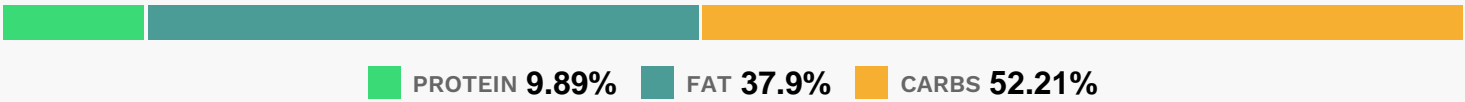
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

# Directions

- ☐ Heat oven to 450F. Lightly grease cookie sheet with shortening or cooking spray.
- ☐ Place flour in large bowl.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture resembles coarse crumbs.
- ☐ Add milk; stir with fork until soft dough forms and mixture begins to pull away from sides of bowl.
- ☐ On lightly floured surface, knead dough just until smooth.
- ☐ Roll out dough to 1/2-inch thickness.
- ☐ Cut with floured 2-inch round cutter.
- ☐ Place biscuits with sides touching on cookie sheet.
- ☐ Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:7.5, Glycemic Load:8.62, Inflammation Score:-1, Nutrition Score:1.9608695455219%

# Nutrients (% of daily need)

Calories: 104.67kcal (5.23%), Fat: 4.38g (6.73%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 13.13g (4.78%), Sugar: 0.68g (0.76%), Cholesterol: 1.57mg (0.52%), Sodium: 5.47mg (0.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Selenium: 7.34µg (10.48%), Manganese: 0.14mg (7.1%), Phosphorus: 30.52mg (3.05%), Vitamin E: 0.3mg (2.02%), Vitamin K: 2.04µg (1.94%), Calcium: 18.79mg (1.88%), Fiber: 0.43g (1.71%), Vitamin B2: 0.03mg (1.69%), Copper: 0.03mg (1.63%), Vitamin B5: 0.15mg (1.52%), Magnesium: 6.03mg (1.51%), Vitamin B1: 0.02mg (1.49%), Folate: 5.89µg (1.47%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.07µg (1.18%), Potassium: 37.46mg (1.07%)