



Sour Cream Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



207 kcal

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 8 ounce carton commercial cream sour
- ☐ 2 cups self-rising flour

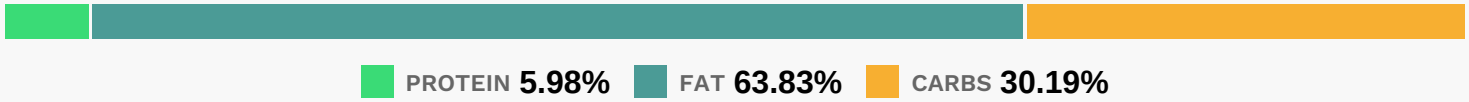
Equipment

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

Directions

- ☐ Place flour in a medium mixing bowl.
- ☐ Cut in butter with a pastry blender until mixture resembles coarse meal. Gradually add sour cream, stirring until dry ingredients are moistened. (Dough will be stiff.)
- ☐ Turn dough out onto a lightly floured surface, and knead 10 to 12 times.
- ☐ Roll dough to 1/2-inch thickness, and cut with a 1 3/4-inch biscuit cutter.
- ☐ Place biscuits on a greased baking sheet.
- ☐ Bake at 450 for 12 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:9.79, Inflammation Score:-4, Nutrition Score:2.818260880916%

Nutrients (% of daily need)

Calories: 207.47kcal (10.37%), Fat: 14.78g (22.74%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 15.23g (5.54%), Sugar: 0.62g (0.68%), Cholesterol: 21.36mg (7.12%), Sodium: 94.71mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Selenium: 8.84µg (12.63%), Vitamin A: 616.57IU (12.33%), Manganese: 0.17mg (8.26%), Vitamin E: 0.55mg (3.67%), Phosphorus: 33.35mg (3.33%), Vitamin B2: 0.05mg (3.03%), Vitamin D: 0.3µg (2.02%), Fiber: 0.5g (2%), Copper: 0.04mg (2%), Folate: 7.73µg (1.93%), Calcium: 18.44mg (1.84%), Magnesium: 6.82mg (1.7%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.15mg (1.47%), Vitamin B1: 0.02mg (1.43%), Potassium: 42.76mg (1.22%), Iron: 0.21mg (1.15%), Vitamin B3: 0.22mg (1.11%)