

Southern Biscuits



Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

12

CALORIES

calories

125 kcal

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 1 cup buttermilk chilled
- ☐ 2 cups flour
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons shortening

Equipment

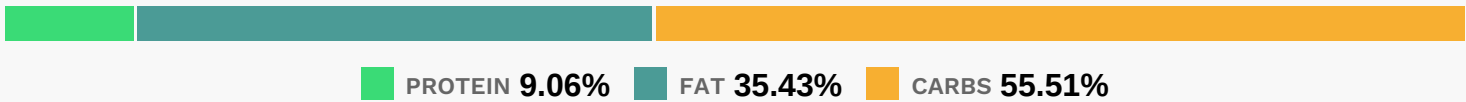
- ☐ baking sheet

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ In a large mixing bowl, combine flour, baking powder, baking soda, and salt. Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.)
- ☐ Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.
- ☐ Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round.
- ☐ Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough.
- ☐ Place biscuits on baking sheet so that they just touch. Reform scrap dough, working it as little as possible and continue cutting. (Biscuits from the second pass will not be quite as light as those from the first, but hey, that's life.)
- ☐ Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:12.14, Inflammation Score:-2, Nutrition Score:4.2191304253495%

Nutrients (% of daily need)

Calories: 124.53kcal (6.23%), Fat: 4.89g (7.53%), Saturated Fat: 2.14g (13.41%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 16.68g (6.07%), Sugar: 1.03g (1.15%), Cholesterol: 7.22mg (2.41%), Sodium: 345.98mg (15.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin B1: 0.17mg (11.57%), Selenium: 7.83µg (11.18%), Calcium: 105.14mg (10.51%), Folate: 39.19µg (9.8%), Vitamin B2: 0.14mg (8.12%), Manganese: 0.14mg (7.17%), Phosphorus: 69.27mg (6.93%), Vitamin B3: 1.25mg (6.24%), Iron: 1.12mg (6.24%), Fiber: 0.57g (2.26%), Vitamin B5: 0.18mg (1.84%), Vitamin A: 91.31IU (1.83%), Copper: 0.04mg (1.76%), Magnesium: 6.99mg (1.75%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.6%), Zinc: 0.22mg (1.5%), Potassium: 50.15mg (1.43%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.42µg (1.35%)