



Southern Gal Biscuits

READY IN



40 min.

SERVINGS



12

CALORIES



173 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 teaspoon cream of tartar
- 1 eggs
- 2 cups flour all-purpose
- 0.7 cup milk
- 0.5 teaspoon salt
- 0.5 cup shortening
- 2 tablespoons sugar

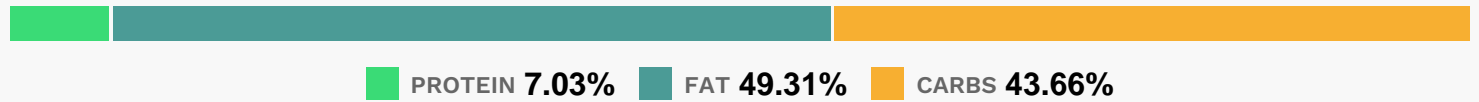
Equipment

- bowl
- oven

Directions

- In a bowl, combine flour, sugar, baking powder, salt and cream of tartar.
- Cut in shortening until mixture resembles fine crumbs. In a small bowl, beat egg and milk; stir into dry ingredients just until moistened. Turn onto a lightly floured surface; roll to 1/2-in. thickness.
- Cut with a 2-1/2-in. biscuit cutter.
- Bake at 400° for 12-15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:4.5504347785659%

Nutrients (% of daily need)

Calories: 173.45kcal (8.67%), Fat: 9.53g (14.67%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 18.43g (6.7%), Sugar: 2.72g (3.02%), Cholesterol: 15.27mg (5.09%), Sodium: 249.43mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Selenium: 8.46µg (12.09%), Vitamin B1: 0.17mg (11.62%), Calcium: 100.37mg (10.04%), Folate: 39.85µg (9.96%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 72.67mg (7.27%), Manganese: 0.14mg (7.22%), Iron: 1.19mg (6.61%), Vitamin B3: 1.25mg (6.23%), Vitamin K: 4.66µg (4.44%), Vitamin E: 0.58mg (3.88%), Vitamin B5: 0.26mg (2.56%), Fiber: 0.57g (2.26%), Potassium: 68.64mg (1.96%), Vitamin B12: 0.11µg (1.76%), Magnesium: 7.01mg (1.75%), Copper: 0.03mg (1.67%), Zinc: 0.25mg (1.67%), Vitamin D: 0.22µg (1.48%), Vitamin B6: 0.02mg (1.19%)