



Super Simple Biscuits

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



249 kcal

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup self-rising flour
- ☐ 0.5 cup cup heavy whipping cream sour

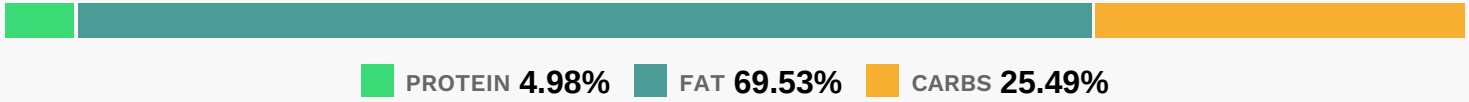
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐
- Preheat an oven to 350 degrees F (175 degrees C).
- ☐
- Stir the flour, butter, and sour cream together in a bowl until blended. Scoop the batter into ungreased cupcake tins.
- ☐
- Bake in the preheated oven until puffed and golden brown, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:9.79, Inflammation Score:-4, Nutrition Score:2.9334782834934%

Nutrients (% of daily need)

Calories: 248.79kcal (12.44%), Fat: 19.41g (29.85%), Saturated Fat: 11.71g (73.19%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.51g (5.64%), Sugar: 0.73g (0.81%), Cholesterol: 51.98mg (17.33%), Sodium: 127.99mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Selenium: 9.17µg (13.1%), Vitamin A: 592.55IU (11.85%), Manganese: 0.17mg (8.36%), Vitamin E: 0.6mg (3.97%), Phosphorus: 39.31mg (3.93%), Vitamin B2: 0.05mg (3.01%), Calcium: 27.02mg (2.7%), Folate: 8.59µg (2.15%), Copper: 0.04mg (2.07%), Fiber: 0.5g (2%), Magnesium: 7.5mg (1.88%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.26mg (1.72%), Vitamin K: 1.67µg (1.59%), Vitamin B1: 0.02mg (1.43%), Potassium: 49.33mg (1.41%), Vitamin B12: 0.07µg (1.21%), Vitamin B3: 0.23mg (1.17%), Iron: 0.2mg (1.14%)