

Tea Biscuits

READY IN



45 min.

SERVINGS



20

CALORIES



97 kcal

Ingredients

- 4 teaspoons double-acting baking powder
- 2 cups flour all-purpose
- 0.8 cup milk
- 1 teaspoon salt
- 0.5 cup shortening

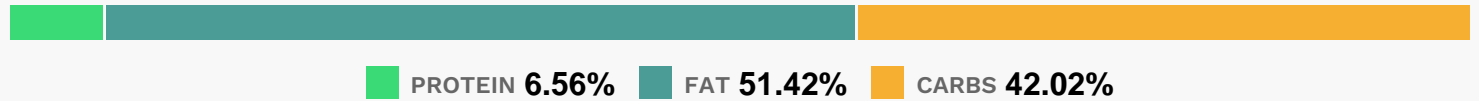
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease a baking sheet.
- Combine flour, baking powder, and salt.
- Cut shortening in until mixture has a fine crumb texture. Stir in milk with a fork to make a soft dough. Knead 8 to 10 times, and then roll out to a thickness of at least 1/2 inch.
- Cut into rounds with a cookie or biscuit cutter.
- Place on cookie sheet, and allow to rest for a few minutes.
- Bake for 12 to 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:7.27, Inflammation Score:-1, Nutrition Score:2.5443478563558%

Nutrients (% of daily need)

Calories: 96.72kcal (4.84%), Fat: 5.54g (8.52%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.85g (3.58%), Sugar: 0.47g (0.53%), Cholesterol: 1.1mg (0.37%), Sodium: 205.01mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin B1: 0.1mg (6.95%), Selenium: 4.41µg (6.3%), Calcium: 60.26mg (6.03%), Folate: 22.88µg (5.72%), Vitamin B2: 0.07mg (4.38%), Manganese: 0.09mg (4.3%), Phosphorus: 40.27mg (4.03%), Vitamin B3: 0.75mg (3.74%), Iron: 0.67mg (3.74%), Vitamin K: 2.79µg (2.66%), Vitamin E: 0.33mg (2.17%), Fiber: 0.34g (1.36%), Vitamin B5: 0.12mg (1.24%), Magnesium: 4.07mg (1.02%)