

Toaster Biscuits

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 0.3 cup cornmeal
- ☐ 0.8 cup milk 110 degrees F/45 degrees C
- ☐ 2 teaspoons salt
- ☐ 3 cups unbleached flour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup warm water 110 degrees F/45 degrees C
- ☐ 1 teaspoon sugar white

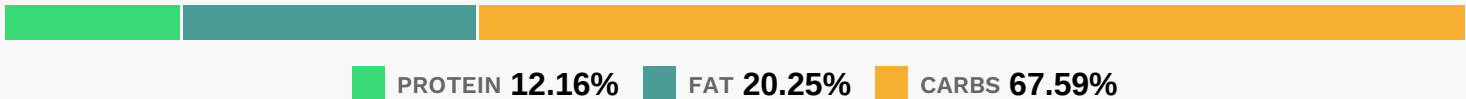
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ In a small bowl, dissolve yeast and sugar in warm water.
- ☐ Let stand until creamy, about 10 minutes. To make crumpet rings, cut aluminum foil into 7x12 inch pieces. Fold in half lengthwise and then in thirds, making 6 layers. Form into a 3 1/2 inch diameter circle and tape shut on the outside.
- ☐ In a large bowl, mix together flour and salt. Stir in the milk, oil and yeast mixture. Beat well until smooth. Cover with plastic wrap and let rise in a warm place until doubled, about 60 minutes. Lightly grease or butter the inside of the crumpet rings and dip the rings in cornmeal.
- ☐ Heat a griddle or frying pan over medium low heat.
- ☐ Sprinkle cornmeal on the griddle and place the rings on the griddle. Deflate the batter by stirring.
- ☐ Pour 1/4 cup of batter into each ring. Cook slowly for about 10 minutes or until pale brown. Carefully remove the rings and turn the biscuits over.
- ☐ Bake on second side about 8 minutes or until light brown.
- ☐ Transfer to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:12.18, Glycemic Load:9.98, Inflammation Score:-1, Nutrition Score:2.3573912719022%

Nutrients (% of daily need)

Calories: 94.36kcal (4.72%), Fat: 2.1g (3.23%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 15.07g (5.48%), Sugar: 0.73g (0.81%), Cholesterol: 1.1mg (0.37%), Sodium: 237.19mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Selenium: 7.76µg (11.08%), Manganese: 0.16mg (8.15%), Vitamin B1: 0.05mg (3.45%), Phosphorus: 33.39mg (3.34%), Folate: 12.32µg (3.08%), Fiber: 0.7g (2.8%), Vitamin K: 2.59µg (2.47%), Copper: 0.04mg (2.11%), Vitamin B2: 0.04mg (2.06%), Magnesium: 8.16mg (2.04%), Zinc: 0.28mg (1.86%), Vitamin B3: 0.34mg (1.7%), Vitamin B5: 0.16mg (1.6%), Calcium: 14.76mg (1.48%), Vitamin B6: 0.03mg (1.39%), Vitamin E: 0.2mg (1.32%), Iron: 0.24mg (1.31%), Potassium: 41.15mg (1.18%)