



## Whole-Wheat Biscuits

 Vegetarian

READY IN



34 min.

SERVINGS



10

CALORIES



186 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk cold
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 2 teaspoons sugar
- 1 stick butter unsalted cold cut into pieces
- 1 cup flour whole-wheat

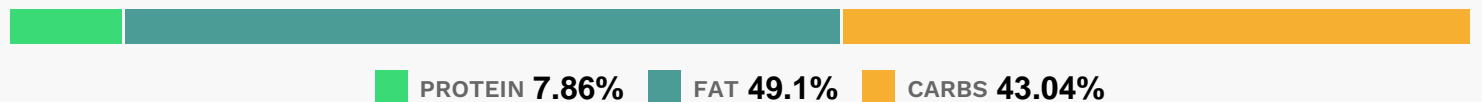
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 450 degrees F.
- In a large bowl whisk flours, baking powder, baking soda, sugar, and salt.
- Cut in butter until mixture resembles coarse meal.
- Add buttermilk to dry ingredients, stirring until dry ingredients are moistened. Turn dough out onto a lightly floured surface and knead lightly 4 to 5 times.
- Roll or pat dough out to about 1-inch thickness.
- Cut with a biscuit cutter and place on an ungreased baking sheet.
- Bake for about 12 to 14 minutes or until brown.

## Nutrition Facts



## Properties

Glycemic Index:26.81, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:6.530434810597%

## Nutrients (% of daily need)

Calories: 185.92kcal (9.3%), Fat: 10.38g (15.98%), Saturated Fat: 6.33g (39.57%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 18.86g (6.86%), Sugar: 2.06g (2.29%), Cholesterol: 26.93mg (8.98%), Sodium: 325.14mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Manganese: 0.58mg (28.76%), Selenium: 12.66µg (18.09%), Vitamin B1: 0.17mg (11.35%), Calcium: 106.86mg (10.69%), Phosphorus: 105.74mg (10.57%), Vitamin B2: 0.13mg (7.46%), Folate: 29.69µg (7.42%), Vitamin B3: 1.36mg (6.8%), Fiber: 1.62g (6.5%), Vitamin A: 323.07IU (6.46%), Iron: 1.16mg (6.42%), Magnesium: 22.14mg (5.54%), Copper: 0.08mg (3.76%), Zinc: 0.5mg (3.34%), Vitamin D: 0.48µg (3.21%), Vitamin B6: 0.06mg (3.17%), Potassium: 92.33mg (2.64%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.13µg (2.16%), Vitamin K: 1.13µg (1.07%)