



## Whole Wheat Biscuits

READY IN



25 min.

SERVINGS



12

CALORIES



178 kcal

DESSERT

### Ingredients

- 1.5 cups flour all-purpose
- 0.5 cup flour whole wheat
- 2 tablespoons sugar
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon cream of tartar
- 0.3 teaspoon salt
- 0.5 cup shortening
- 1 eggs
- 0.5 cup milk

1 tablespoon butter melted

## Equipment

bowl

baking sheet

oven

## Directions

In a bowl, combine flours, sugar, baking powder, cream of tartar and salt.

Cut in shortening until mixture resembles coarse crumbs. Beat egg and milk; stir into dry ingredients until a ball forms.

Turn onto a floured surface, knead 5–6 times.

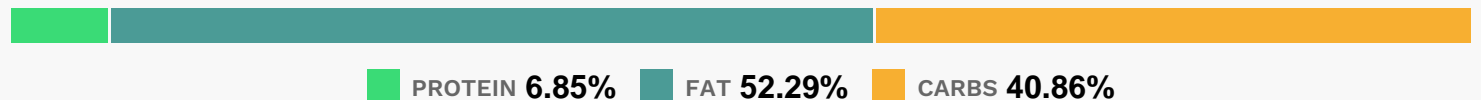
Roll to 1/2-in. thickness; brush with butter.

Cut with a 2-in. biscuit cutter.

Place on an ungreased baking sheet.

Bake at 450&deg; for 10–12 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:27.09, Glycemic Load:10.46, Inflammation Score:-2, Nutrition Score:4.9195652474528%

## Nutrients (% of daily need)

Calories: 177.64kcal (8.88%), Fat: 10.45g (16.07%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.41g (6.33%), Sugar: 2.56g (2.85%), Cholesterol: 17.37mg (5.79%), Sodium: 171.86mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Manganese: 0.31mg (15.6%), Selenium: 9.73µg (13.9%), Vitamin B1: 0.16mg (10.45%), Folate: 32.55µg (8.14%), Calcium: 77.79mg (7.78%), Phosphorus: 74.45mg (7.44%), Vitamin B2: 0.12mg (6.88%), Iron: 1.09mg (6.06%), Vitamin B3: 1.18mg (5.92%), Vitamin K: 4.81µg (4.58%), Vitamin E: 0.64mg (4.26%), Fiber: 0.96g (3.84%), Magnesium: 12.24mg (3.06%), Vitamin B5: 0.25mg (2.52%), Copper: 0.05mg (2.31%), Zinc: 0.33mg (2.2%), Potassium: 76.33mg (2.18%), Vitamin B6: 0.04mg (1.99%), Vitamin B12: 0.09µg (1.49%), Vitamin A: 65.88IU (1.32%), Vitamin D: 0.19µg (1.23%)