

Homestyle Biscuits

Yield 15 servings

Ingredients

2 cups	flour (all purpose)
2 teaspoons	baking powder
1/4 teaspoon	baking soda
1/4 teaspoon	salt
2 tablespoons	sugar
2/3 cups	buttermilk (low-fat)
3 tablespoons	vegetable oil
1 teaspoon	vegetable oil

Instructions

1. Preheat oven to 450 degrees Fahrenheit.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil.
4. Pour over flour mixture and stir until well mixed.
5. On lightly floured surface, knead dough gently for 10–12 strokes.
6. Roll or pat dough to 3/4-inch thickness.
7. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts.
8. Transfer biscuits to an ungreased baking sheet.
9. Bake for 12 minutes or until golden brown.
10. Serve warm.

Cost

Per recipe: \$0.65

Per serving: \$0.04

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

Nutrition Facts	
Serving Size 1 biscuit (33g)	
Servings Per Container 15	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	