

Buttermilk Biscuits

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Yield: 26 biscuits

*5 cups all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
1/3 cup shortening
1/3 cup cold butter, cut up
2 cups cold buttermilk
1 tablespoon butter, melted*

Preparation Time: 25 minutes

Bake: 7 minutes

Preheat the oven to 500 degrees.

In a large bowl, combine the flour, baking powder and salt. Using a pastry blender, cut in the shortening and cold butter until the mixture resembles coarse crumbs.

Make a well in the center of the flour mixture. Add the buttermilk. Stir with a fork just until the mixture is moistened. (If the dough appears dry, add one to two tablespoons of additional buttermilk.)

Turn the dough out onto a floured surface. Using floured hands, knead eight to ten times. Pat or lightly roll the dough until 3/4-inch thick. Using a two-inch round cutter, cut into rounds. Reroll the scraps as necessary and dip the cutter into flour between cuts.

Place the dough circles one inch apart on a greased baking sheet.

Bake for 7 to 9 minutes or until golden brown.

Remove the biscuits from the baking sheet and brush with melted butter.

Per Serving (excluding unknown items): 3521 Calories; 146g Fat (37.5% calories from fat); 65g Protein; 481g Carbohydrate; 17g Dietary Fiber; 195mg Cholesterol; 4830mg Sodium. Exchanges: 31 1/2 Grain(Starch); 28 Fat; 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	3521	Vitamin B6 (mg):	.3mg
% Calories from Fat:	37.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	55.0%	Thiamin B1 (mg):	4.9mg
% Calories from Protein:	7.5%	Riboflavin B2 (mg):	3.1mg
Total Fat (g):	146g	Folacin (mcg):	965mcg
Saturated Fat (g):	63g	Niacin (mg):	37mg
Monounsaturated Fat (g):	51g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	23g	Alcohol (kcal):	0
Cholesterol (mg):	195mg	% Daily Value:	0.0%
Carbohydrate (g):	481g	Food Exchanges	
Dietary Fiber (g):	17g	Grain (Starch):	31 1/2
Protein (g):	65g	Lean Meat:	0
Sodium (mg):	4830mg	Vegetable:	0
Potassium (mg):	696mg	Fruit:	0
Calcium (mg):	1210mg	Non-Fat Milk:	0
Iron (mg):	31mg	Fat:	28
Zinc (mg):	4mg	Other Carbohydrates:	1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	2722IU		
Vitamin A (r.e.):	674RE		

Nutrition Facts

Amount Per Serving

Calories 3521 **Calories from Fat:** 1321

% Daily Values*

Total Fat 146g	225%
Saturated Fat 63g	314%
Cholesterol 195mg	65%
Sodium 4830mg	201%
Total Carbohydrates 481g	160%
Dietary Fiber 17g	67%
Protein 65g	
Vitamin A	54%
Vitamin C	0%
Calcium	121%
Iron	173%

* Percent Daily Values are based on a 2000 calorie diet.