

Whipping Cream Biscuits II

Mrs. George K. Gilbert Jr and Mrs. Jake Netterville
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Yield: 2 1/2 dozen large

1 1/2 cups self-rising flour
1/2 pint whipping cream

Preheat the oven to 425 degrees.

In a bowl, mix the flour and cream only until well blended. Butter hands well and form the dough into ping-pong-size balls or smaller, if desired. Place on a baking sheet one inch apart.

Bake for 10 to 12 minutes or only until golden.

The recipe will double successfully.

If freezing is desired, the method is to prepare the dough and shape it. Place the balls on a cookie sheet in the freezer. When frozen, remove the balls from the cookie sheet and store in plastic bags.

Per Serving (excluding unknown items): 1484 Calories; 90g Fat (54.4% calories from fat); 23g Protein; 146g Carbohydrate; 6g Dietary Fiber; 326mg Cholesterol; 2471mg Sodium. Exchanges: 9 Grain(Starch); 1/2 Non-Fat Milk; 18 Fat.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	1484	Vitamin B6 (mg):	.1mg
% Calories from Fat:	54.4%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	39.3%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	90g	Folacin (mcg):	88mcg
Saturated Fat (g):	55g	Niacin (mg):	11mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	326mg	% Refused:	0 0%
Carbohydrate (g):	146g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	9
Protein (g):	23g	Lean Meat:	0
Sodium (mg):	2471mg	Vegetable:	0
Potassium (mg):	412mg	Fruit:	0
Calcium (mg):	787mg	Non-Fat Milk:	1/2

Iron (mg): 9mg
Zinc (mg): 2mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 3499IU
Vitamin A (r.e.): 1002RE

Fat: 18
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1484 **Calories from Fat:** 808

% Daily Values*

Total Fat 90g	138%
Saturated Fat 55g	275%
Cholesterol 326mg	109%
Sodium 2471mg	103%
Total Carbohydrates 146g	49%
Dietary Fiber 6g	25%
Protein 23g	
Vitamin A	70%
Vitamin C	2%
Calcium	79%
Iron	49%

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