

Biscuit Mix

Nutrition Facts

32 servings per container

Serving size 1/3 Cup (42g) Dry
(about 1 2" biscuit prepared)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 29g **11%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

Protein 5g

Vitamin D 0mcg 0%

Calcium 42mg 4%

Iron 2mg 10%

Potassium 165mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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YIELD	WATER (OR MILK)	BISCUIT MIX	BAKING POWDER (NOT INCLUDED)
1 Biscuit	1 Tbsp	3 Tbsp	1/2 Tsp
5 Biscuits	1/3 Cup	1 Cup	2 Tsp
10 Biscuits	2/3 Cup	2 Cups	1 1/3 Tbsp

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Place total amount of liquid and baking mix into a mixing bowl.
3. Stir with wooden spoon 1 to 2 minutes (30 to 50 strokes).
4. Turn dough out onto floured board and knead for 15 seconds (12-18 turns)
5. Roll out, fold in half once, turn one quarter turn and roll to 1/2 inch thick or desired thickness.
6. Cut with biscuit cutter. Place on ungreased baking sheet.
7. Bake at 375° F. 15 to 25 minutes or until golden brown.

INGREDIENTS: Unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme [improves yeast baking], folic acid), pastry flour (wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), buttermilk powder, shortening (partially hydrogenated soybean and cottonseed oil), sugar, soybean flour, silicon dioxide, non-iodized salt, soy lecithin.

CONTAINS ALLERGENS: Milk, soy, and wheat.