

Fluffy Whole-Wheat Buttermilk Biscuits

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 biscuit

Amount per Serving	
Calories	174 kcal
Protein	4.33 g
Carbohydrate	21.73 g
Total Fat	8.10 g
Saturated Fat	4.85 g
Cholesterol	34.38 mg
Vitamin A	249.52 IU
Vitamin C	0.19 mg
Iron	1.14 mg
Calcium	34.84 mg
Sodium	347.87 mg
Dietary Fiber	1.93 g


EQUIVALENTS: 1 biscuit provides 1.25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

“Many schools stress the importance of healthy meals and snacks, even providing fresh fruits and whole grains during test weeks. Make sure this is encouraged and supported year-round when the students are learning all of the great things that they will be tested on.”

— BROOKE GANNON

Fluffy Whole-Wheat Buttermilk Biscuits • 50 servings (1 biscuit)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>1 Preheat convection oven to 325°F or conventional oven to 400°F. Line 2 full sheet pans with parchment paper.</p>	
Whole-wheat flour	1 lb 12 oz	1 quart + 1½ cups	<p>2 Whisk together whole-wheat flour, all-purpose flour, sugar, baking powder and salt in a large bowl. Cut butter into the dry ingredients until it's the size of small peas. Stir in buttermilk and eggs just until incorporated (do not over mix).</p>	
Enriched all-purpose flour	1 lb 12 oz	1 quart + ¾ cup		
Granulated sugar	4 oz	½ cup		
Baking powder	2 oz	¼ cup		
Table salt		1 Tbsp		
Butter, unsalted, cold, cut into pieces	1 lb	2 cups		
Buttermilk		1 quart		
Eggs		4 large		
			<p>3 Using a #20 scoop, portion biscuits onto the prepared pans. Bake until golden brown, 20 to 25 minutes.</p>	