

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 1g 5%

Trans Fat 0g

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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Contains a bioengineered food ingredient.

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 (soybean oil, hydrogenated soybean oil, hydrogenated cottonseed oil), sugar, soybean flour, silicon dioxide, non-iodized salt, soy lecithin.

CONTAINS: Milk, soy, wheat.

YIELD	WATER (OR MILK)	BISCUIT MIX	BAKING POWDER (NOT INCLUDED)
6 biscuits	2/3 cup	2 cups	4 tsp
12 biscuits	1 1/3 cups	4 cups	8 tsp

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Preheat oven to 375°F.
3. In large mixing bowl, combine water (or milk), biscuit mix and baking powder (not included) until dough forms.
4. Turn dough out onto floured board and knead for 15 seconds (12 to 18 turns).
5. Roll out, fold in half and roll to approximately 1/2 inch thick.
6. Cut with biscuit cutter. Place on ungreased baking sheet.
7. Bake 15 to 25 minutes or until golden brown.