



Baking Powder Biscuits

USDA Recipe for CACFP

Whole-wheat and enriched flour along with reduced-fat sour cream come together nicely in these delightfully light baking-powder biscuits.

CACFP CREDITING INFORMATION
1 biscuit provides 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb 15 oz	1 qt 3 cups	3 lb 14 oz	3 qt 2 cups	1 Set aside 2 cups (about 9 oz) flour for step 5. DO NOT PACK FLOUR.
					2 Pour 1 qt 1 cup (about 1 lb 6 oz) flour, dry milk, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute.
Instant nonfat dry milk	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups	
Baking powder	¾ oz	2 Tbsp 1 tsp	1 ½ oz	¼ cup 2 tsp	
Salt		¾ tsp		1 ½ tsp	
Low-fat sour cream	1 lb	2 cup	2 lb	1 qt	3 Add sour cream to flour mixture. Mix for 2 minutes at low speed. Mixture will be crumbly.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 ¾ cups		3 ½ cups	4 Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing.
					5 Sprinkle remaining 2 cups (about 9 oz) flour onto countertop. Place dough onto lightly floured surface. Knead ball of dough gently for 1 minute.
					6 Recommendation: Prepare in batches of 25.
					7 Roll out about 3 lb 8 oz dough to ½" thickness. Cut with floured 2 ½" biscuit cutter.
					8 Transfer to a sheet pan (18" x 26" x 1") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					9 Bake in a preheated oven until lightly browned: Conventional oven: 400 °F for 12–14 minutes. Convection oven: 375 °F for 8–10 minutes.
					10 Serve 1 biscuit.



NUTRITION INFORMATION

For 1 biscuit.

NUTRIENTS	AMOUNT
Calories	153
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	9 mg
Sodium	201 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
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Vitamin D	8 IU
Calcium	71 mg
Iron	0 mg
Potassium	196 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb	About 8 lb
About 2 qt/25 biscuits	About 1 gal/50 biscuits