



## Angel Cream Biscuits

 Vegetarian  Gluten Free  Low Fod Map

READY IN



48 min.

SERVINGS



12

CALORIES



12 kcal

DESSERT

### Ingredients

- 1 package yeast dry quick
- 0.3 cup half and half
- 1 tablespoon sugar
- 0.3 cup water (105°F to 115°F)
- 2 cups frangelico
- 2 cups frangelico

### Equipment

- bowl

baking sheet

oven

## Directions

Dissolve yeast in warm water in medium bowl. Stir in sugar. Stir in Bisquick mix and half-and-half until dough forms.

Turn dough onto surface generously dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead 10 times.

Roll 1/2 inch thick.

Cut with 2-inch cutter dipped in Bisquick mix.

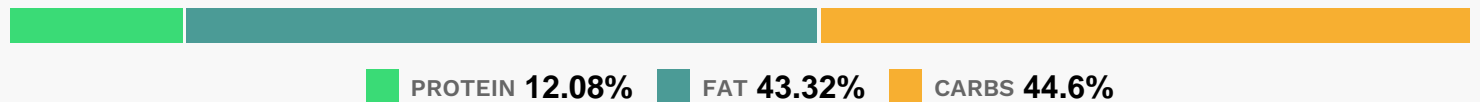
Place on ungreased cookie sheet. Cover and let rise in warm place about 30 minutes or until soft and puffed.

Heat oven to 425F.

Bake 6 to 8 minutes or until golden brown.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.84, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.73695653417836%

## Nutrients (% of daily need)

Calories: 12.35kcal (0.62%), Fat: 0.63g (0.97%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.3g (0.47%), Sugar: 1.21g (1.34%), Cholesterol: 1.76mg (0.59%), Sodium: 3.63mg (0.16%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin B1: 0.07mg (4.38%), Folate: 13.8µg (3.45%), Vitamin B2: 0.03mg (1.96%), Vitamin B3: 0.24mg (1.2%)