



Apple Biscuits (Applesauce Biscuits)



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



75 kcal

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 1 apples diced whole red
- ☐ 2 cups flour whole wheat white ()

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

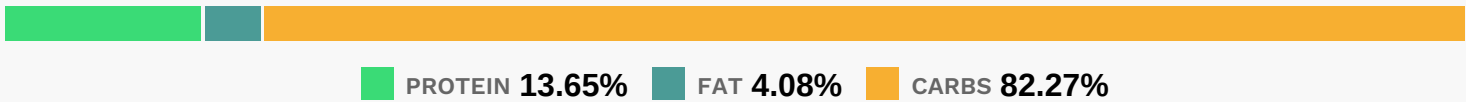
☐ blender

Directions

- ☐ Preheat oven to 400F. Grease a cookie sheet and set aside. Core an apple and quarter.
 - ☐ Add apple to a blender or food processor with asplash of water and pulverize into the consistency of applesauce, adding a touch more water if necessary and set aside. In a mixing bowl, whisk flour, baking powder and a pinch of salt. (You can also add a little raw sugar or raisins for a sweeter biscuit, 1 tsp cinnamon or fresh rosemary for a savory biscuit here).
 - ☐ Add applesauce 1/4 cup at a time until the batter is moist (wetter is better; you should use most of or all of the applesauce). Drop large spoonfuls on the cookie sheet and bake 10–13 minutes, or until firm to the touch and lightly golden on the bottom and edges.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ NA Carbohydrate
- ☐ gDietary Fiber1gSugars2gProtein2g

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.0765217400115%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 74.89kcal (3.74%), Fat: 0.36g (0.55%), Saturated Fat: 0g (0.03%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 13.94g (5.07%), Sugar: 1.58g (1.75%), Cholesterol: 0mg (0%), Sodium: 81.42mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Fiber: 2.37g (9.46%), Calcium: 59.29mg (5.93%), Iron: 0.57mg (3.17%), Phosphorus: 18.47mg (1.85%), Potassium: 38.38mg (1.1%)