



Cinnamon-Currant Biscuits

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons currants
- 0.3 cup flour all-purpose
- 0.5 teaspoon flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1.5 teaspoons butter chilled reduced-calorie
- 2 tablespoons powdered sugar sifted
- 1 Dash salt
- 0.5 teaspoon skim milk

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- 1.5 teaspoons sugar

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Combine first 5 ingredients in a small bowl; cut in margarine with a pastry blender until mixture resembles coarse meal. Stir in currants.
- Add 2 tablespoons plus 1 teaspoon milk, stirring with a fork just until dry ingredients are moistened.
- Sprinkle 1/2 teaspoon flour evenly over work surface. Turn dough out onto floured surface, and knead 4 or 5 times.
- Roll dough to 1/2-inch thickness; cut into rounds with a 2 1/2-inch biscuit cutter.
- Place rounds on a baking sheet coated with cooking spray.
- Bake at 425 for 10 minutes.
- Combine powdered sugar and 1/2 teaspoon milk, stirring well.
- Drizzle glaze over warm biscuits.

Nutrition Facts



PROTEIN 6.54% **FAT 14.39%** **CARBS 79.07%**

Properties

Glycemic Index:40.86, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.0691304294311%

Nutrients (% of daily need)

Calories: 39.42kcal (1.97%), Fat: 0.65g (1%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.75g (2.82%), Sugar: 4.21g (4.68%), Cholesterol: 0.1mg (0.03%), Sodium: 34.8mg (1.51%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.61%), Selenium: 1.55µg (2.21%), Folate: 8.18µg (2.05%), Calcium: 20.07mg (2.01%), Vitamin B2: 0.03mg (1.78%), Iron: 0.28mg (1.57%), Phosphorus: 15.64mg (1.56%), Vitamin B3: 0.31mg (1.53%), Fiber: 0.27g (1.1%)