



Cinnamon-Pecan Biscuits With Cinnamon Butter

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 4 cups biscuit mix
- ☐ 1 cup hershey's cinnamon chips
- ☐ 14 servings cinnamon butter
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 cup sugar
- ☐ 1 cup whipping cream

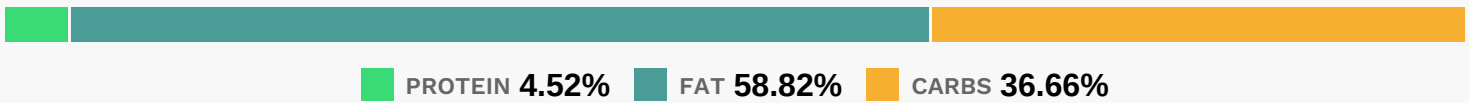
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wax paper

Directions

- ☐ Stir together first 4 ingredients in a large bowl; make a well in center, and add whipping cream, stirring just until dry ingredients are moistened.
- ☐ Turn biscuit dough out onto a sheet of wax paper; pat dough into 3/4-inch thickness, and cut with a 2 1/2-inch round cutter.
- ☐ Place biscuits in a 13- x 9-inch pan. Reshape dough, and repeat procedure.
- ☐ Bake at 400 for 18 to 20 minutes or until lightly browned.
- ☐ Remove from pan immediately.
- ☐ Serve with Cinnamon Butter.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:5.32, Inflammation Score:-3, Nutrition Score:7.7786956507227%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 385.97kcal (19.3%), Fat: 25.54g (39.29%), Saturated Fat: 8.99g (56.18%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 33.59g (12.22%), Sugar: 12.26g (13.63%), Cholesterol: 29.78mg (9.93%), Sodium: 554.82mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Manganese: 0.51mg (25.28%), Phosphorus: 245.01mg (24.5%), Vitamin B1: 0.26mg (17.63%), Folate: 48.97µg (12.24%), Vitamin B2: 0.2mg (11.64%),

Vitamin B3: 2.04mg (10.19%), Fiber: 2.23g (8.91%), Calcium: 79.6mg (7.96%), Iron: 1.39mg (7.71%), Copper: 0.15mg (7.69%), Magnesium: 22.22mg (5.56%), Vitamin A: 255.63IU (5.11%), Potassium: 176.69mg (5.05%), Vitamin B5: 0.5mg (5.05%), Selenium: 3.48µg (4.98%), Zinc: 0.66mg (4.37%), Vitamin B6: 0.08mg (3.94%), Vitamin K: 3.05µg (2.9%), Vitamin B12: 0.16µg (2.68%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.27µg (1.81%), Vitamin C: 1.36mg (1.64%)