



## Cranberry Biscuits with Smoked Turkey

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups bread flour
- 0.5 cup cranberries dried
- 1 package yeast dry
- 0.7 cup nonfat buttermilk (105° to 115°)
- 0.3 teaspoon salt
- 3 tablespoons sugar
- 1 pound turkey breast smoked thinly sliced
- 2 tablespoons shortening
- 2 tablespoons water (105° to 115°)

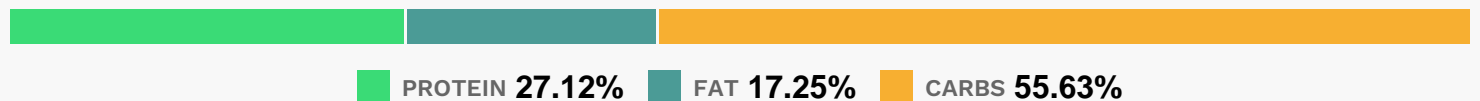
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Combine first 3 ingredients in food processor, and pulse 2 times or until blended.
- Add shortening, and process for 10 seconds or until blended.
- Dissolve sugar and yeast in warm buttermilk and water in a small bowl; let stand 5 minutes. With processor on, slowly add yeast mixture through food chute; process until dough leaves sides of bowl and forms a ball.
- Turn dough out onto a lightly floured surface, and knead in cranberries.
- Roll dough to 1/2-inch thickness; cut with a 2-inch biscuit cutter into 20 biscuits.
- Place on a baking sheet coated with cooking spray.
- Let rise, uncovered, in a warm place (85), free from drafts, 20 minutes or until puffy.
- Bake at 425 for 8 minutes or until golden. Split biscuits, and fill each with 3/4 ounce turkey.
- Serve with Spicy Mustard, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.91, Glycemic Load:14.36, Inflammation Score:-1, Nutrition Score:7.1747825975003%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 199.7kcal (9.99%), Fat: 3.86g (5.94%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.88g (9.77%), Sugar: 8.88g (9.87%), Cholesterol: 24.81mg (8.27%), Sodium: 209.94mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Selenium: 20.34µg (29.05%), Vitamin B3: 5.07mg (25.33%), Vitamin B6: 0.37mg (18.68%), Phosphorus: 145.01mg (14.5%), Manganese: 0.22mg (10.99%), Vitamin B1: 0.11mg (7.55%), Folate: 27.81µg (6.95%), Vitamin B2: 0.11mg (6.54%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.86mg (5.76%), Vitamin B12: 0.29µg (4.77%), Magnesium: 18.35mg (4.59%), Fiber: 1.11g (4.44%), Potassium: 144.59mg (4.13%), Copper: 0.08mg (3.84%), Calcium: 36.6mg (3.66%), Iron: 0.56mg (3.09%), Vitamin E: 0.41mg (2.74%), Vitamin K: 1.9µg (1.81%)