



Crissi's Sweet Potato Biscuits

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



223 kcal

Ingredients

- 2 tablespoons double-acting baking powder
- 0.3 cup butter melted
- 0.3 cup evaporated milk
- 1 cup flour all-purpose sifted
- 1 pinch ground nutmeg
- 2 tablespoons milk
- 0.5 teaspoon salt
- 1 cup sweet potatoes mashed
- 0.3 cup wheat germ toasted

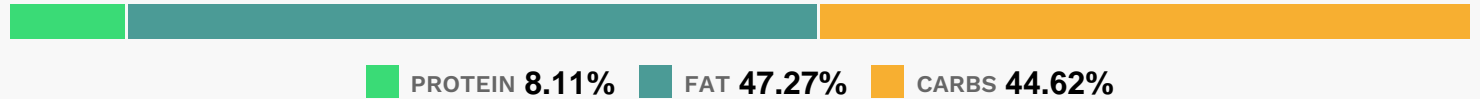
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- Into a large bowl, sift together the flour, wheat germ, baking powder, and salt.
- Mix in butter, evaporated milk, sweet potatoes, milk, and nutmeg, stirring by hand until dough is smooth.
- On a lightly floured board, roll out the dough until it is about 1/2-inch thick. With a sharp knife, cut into 3-inch squares or diamonds.
- Place squares on greased baking sheet, and bake for 15 to 20 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:14.84, Inflammation Score:-9, Nutrition Score:12.45391312112%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 222.74kcal (11.14%), Fat: 11.92g (18.34%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 23.42g (8.52%), Sugar: 2.33g (2.59%), Cholesterol: 30.76mg (10.25%), Sodium: 725.12mg (31.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin A: 3493.3IU (69.87%), Manganese: 0.84mg (42.16%), Calcium: 283.69mg (28.37%), Phosphorus: 190.65mg (19.07%), Vitamin B1: 0.28mg (18.66%), Selenium: 11.46µg (16.38%), Folate: 55.37µg (13.84%), Vitamin B2: 0.18mg (10.87%), Iron: 1.87mg (10.4%), Vitamin B3: 1.71mg (8.57%), Fiber: 1.9g (7.61%), Magnesium: 26.34mg (6.58%), Vitamin B6: 0.13mg (6.34%), Zinc: 0.92mg (6.12%),

Copper: 0.11mg (5.28%), Potassium: 183.5mg (5.24%), Vitamin B5: 0.48mg (4.76%), Vitamin E: 0.38mg (2.55%),
Vitamin K: 1.42µg (1.35%), Vitamin B12: 0.07µg (1.09%)