



Fat-Free Pumpkin and Raisin Biscuits



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



14

CALORIES



71 kcal

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 teaspoons cinnamon
- 1 tablespoon juice of lemon
- 0.5 teaspoon nutmeg
- 0.5 cup pumpkin pureed canned cooked drained (or , , and)
- 0.3 cup raisins
- 0.5 teaspoon salt
- 0.5 cup soymilk plain as needed (plus additional,)

2 cups flour whole wheat white

Equipment

oven

Directions

Mix the dry ingredients together well (flour through raisins).

Add the pumpkin and mix until crumbly (do not overmix).

Combine the soymilk and lemon juice and add it, stirring until a soft dough forms. If all flour is not moistened, add additional soymilk a teaspoon at a time until dough forms a ball. Turn out the dough onto a well-floured surface and sprinkle the top lightly with flour.

Roll out about 3/4 inch thick. Using a 1 1/2–2-inch wide biscuit cutter or glass dipped in flour, press straight down without twisting to cut into 12–15 biscuits.

Place the biscuits, sides lightly touching, on the oiled sheet.

Bake until tops are lightly browned, 9–11 minutes.

Serve hot.

Nutrition Facts



PROTEIN 14.16% **FAT 6.03%** **CARBS 79.81%**

Properties

Glycemic Index:23.66, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:1.9465217140058%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Nutrients (% of daily need)

Calories: 70.9kcal (3.54%), Fat: 0.5g (0.77%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 12.91g (4.69%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 172.59mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Fiber: 2.06g (8.23%), Vitamin A: 386.47IU (7.73%), Calcium: 52.04mg (5.2%), Iron: 0.61mg (3.38%), Manganese: 0.05mg (2.29%), Potassium: 68.41mg (1.95%), Vitamin C: 1.54mg (1.87%), Vitamin E: 0.26mg (1.75%), Vitamin B3: 0.34mg (1.68%), Vitamin B2: 0.03mg (1.55%), Vitamin B12: 0.09µg

(1.52%), Vitamin B6: 0.03mg (1.4%), Phosphorus: 13.51mg (1.35%), Copper: 0.03mg (1.25%)