



Glazed Sweet Potato Biscuit Squares

READY IN



45 min.

SERVINGS



16

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 8 ounces sweet potatoes and into
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup buttermilk
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 cup shortening
- ☐ 16 oz vanilla frosting
- ☐ 0.3 teaspoon ground cinnamon

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Heat oven to 450°. Pierce sweet potato with fork several times. Microwave on High 8 to 12 minutes or until tender.
- ☐ Let stand 5 minutes. Carefully peel potato.
- ☐ Place sweet potato in small bowl. Mash with potato masher until smooth. Stir in butter and buttermilk until smooth.
- ☐ Mix flour, sugar, baking powder, baking soda, salt and 1/2 teaspoon cinnamon in large bowl.
- ☐ Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture looks like cornmeal. Stir in sweet potato mixture just until blended.
- ☐ Place dough on lightly floured surface. Knead 10 to 15 times. Pat into 10-inch square, about 1/2-inch thick.
- ☐ Cut into 16 (2 1/2-inch) squares.
- ☐ Place squares 1-inch apart on large ungreased cookie sheet.
- ☐ Bake 10 to 15 minutes or until top edges are deep golden brown.
- ☐ Remove from cookie sheet to wire rack. Cool 5 minutes.
- ☐ Mix frosting and 1/4 teaspoon cinnamon in small microwavable bowl. Microwave uncovered on High 5 to 10 seconds or until pourable.

Drizzle over biscuits.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:29.49, Inflammation Score:-9, Nutrition Score:8.30739136105%

Nutrients (% of daily need)

Calories: 425.38kcal (21.27%), Fat: 23.74g (36.53%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 50.03g (16.68%), Net Carbohydrates: 48.81g (17.75%), Sugar: 25.28g (28.09%), Cholesterol: 1.1mg (0.37%), Sodium: 324.86mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Vitamin A: 2281.49IU (45.63%), Vitamin B1: 0.24mg (15.77%), Vitamin B2: 0.25mg (14.73%), Selenium: 9.8µg (13.99%), Folate: 54.44µg (13.61%), Manganese: 0.24mg (12.02%), Vitamin K: 10.9µg (10.38%), Vitamin E: 1.5mg (10.01%), Vitamin B3: 1.77mg (8.84%), Iron: 1.51mg (8.37%), Calcium: 68.08mg (6.81%), Phosphorus: 67.92mg (6.79%), Fiber: 1.21g (4.86%), Vitamin B5: 0.38mg (3.8%), Copper: 0.06mg (3.21%), Potassium: 103.84mg (2.97%), Magnesium: 11.32mg (2.83%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.29mg (1.96%)