



Glazed Sweet Potato Biscuit Squares

READY IN



45 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup buttermilk
- ☐ 3.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening

- ☐ 0.5 cup sugar
- ☐ 8 ounces sweet potatoes and into
- ☐ 0.5 cup vanilla frosting

Equipment

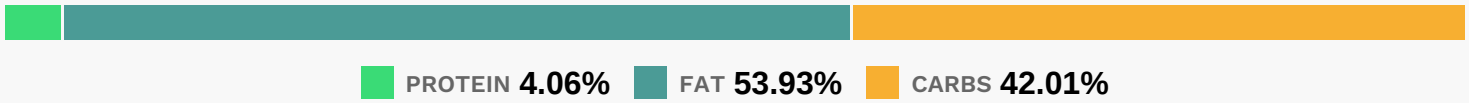
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Heat oven to 45
- ☐ 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:23.27, Inflammation Score:-9, Nutrition Score:7.8486957472304%

Nutrients (% of daily need)

Calories: 336.4kcal (16.82%), Fat: 20.29g (31.22%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 34.36g (12.49%), Sugar: 11.85g (13.17%), Cholesterol: 1.1mg (0.37%), Sodium: 285.69mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Vitamin A: 2281.49IU (45.63%), Vitamin B1: 0.23mg (15.63%), Selenium: 9.77µg (13.96%), Folate: 52.74µg (13.18%), Manganese: 0.24mg (12.02%), Vitamin B2: 0.19mg (10.95%), Vitamin B3: 1.72mg (8.6%), Iron: 1.47mg (8.18%), Vitamin E: 1.18mg (7.84%), Vitamin K: 8.13µg (7.74%), Calcium: 67.44mg (6.74%), Phosphorus: 64.09mg (6.41%), Fiber: 1.21g (4.86%), Vitamin B5: 0.37mg (3.68%), Copper: 0.06mg (3.21%), Magnesium: 11.1mg (2.78%), Potassium: 96.6mg (2.76%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.28mg (1.86%)