



Gluten and Sugar-Free Sweet Potato, Pecan and Ginger Biscuits

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



192 kcal

DESSERT

Ingredients

- 8 ounces almond flour
- 1.5 teaspoons double-acting baking powder
- 1 eggs
- 2.5 teaspoons ground ginger
- 4 ounces pecans
- 1 tablespoon maple syrup sugar-free maple-flavored
- 0.3 teaspoon salt

- 0.5 cup stevia powder raw
- 4 ounces sweet potatoes and into cooked mashed at room temperature
- 0.3 teaspoon xanthan gum

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- baking pan

Directions

- Preheat the oven to 350°F (177°C). Lightly mist a baking pan with spray oil or line it with parchment paper or a silicone mat and then mist the surface.
- In a medium bowl, combine the almond flour, pecan flour, sweetener, baking powder, xanthan gum, salt, and ginger and whisk until well mixed. In a large bowl, whisk the egg, sweet potato, and syrup together until thoroughly blended.
- Add the flour mixture and stir with a large spoon for 1 to 2 minutes to make a stiff, playdough-like dough.
- Oil your hands and gently form the mixture into small balls, using about 1 oz of dough for each.
- Place the balls on the prepared pan, spacing them about 3 inches apart (to allow space for pressing down). Once all of the batter is formed into balls, rub some oil on the pinky-side edge of your hand and press down on each ball with the oiled part of your hand twice, forming a crisscross shape and slightly flattening the balls.
- Bake for 15 minutes, then rotate and bake for about 10 minutes, until golden brown and firm to the touch.
- Immediately transfer the biscuits to a wire rack to cool for 3 minutes. Split and serve them while still warm.

Nutrition Facts

■ PROTEIN 10.5% ■ FAT 70.75% ■ CARBS 18.75%

Properties

Glycemic Index:16.38, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:5.6165216992731%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg

Nutrients (% of daily need)

Calories: 191.82kcal (9.59%), Fat: 16.53g (25.43%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 6.55g (2.38%), Sugar: 2.46g (2.73%), Cholesterol: 13.64mg (4.55%), Sodium: 113.92mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Manganese: 0.63mg (31.4%), Vitamin A: 1365.87IU (27.32%), Fiber: 3.3g (13.21%), Calcium: 82.89mg (8.29%), Iron: 1.22mg (6.75%), Copper: 0.13mg (6.62%), Phosphorus: 49.7mg (4.97%), Vitamin B1: 0.07mg (4.83%), Magnesium: 15.61mg (3.9%), Zinc: 0.53mg (3.54%), Vitamin B2: 0.06mg (3.33%), Selenium: 1.78µg (2.54%), Potassium: 85.21mg (2.43%), Vitamin B6: 0.05mg (2.42%), Vitamin B5: 0.22mg (2.15%), Vitamin E: 0.2mg (1.3%), Folate: 4.9µg (1.22%), Vitamin B3: 0.21mg (1.04%)