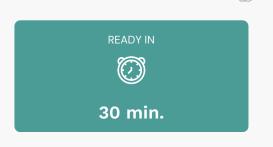


# Gluten and Sugar-Free Sweet Potato, Pecan and Ginger Biscuits







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**

### **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 Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.2

### 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: Og (100%), Alcohol %: O% (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%)