



Maple-Nut Twist Biscuits

READY IN



45 min.

SERVINGS



15

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon peppermint flavoring
- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoons milk

- ☐ 0.3 cup nuts chopped
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 450°F. Grease cookie sheet with shortening or spray with cooking spray. In large bowl, stir flour, granulated sugar, baking powder, cream of tartar and salt with fork.
- ☐ Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs.
- ☐ Add 3/4 cup milk and stir with fork just until moistened.
- ☐ On lightly floured surface, knead dough 10 to 12 times or until almost smooth. Pat or roll dough into 15x9-inch rectangle. In small bowl, stir all filling ingredients until well mixed.
- ☐ Spread filling over dough. Fold dough lengthwise in half to make 15x4 1/2-inch rectangle.
- ☐ Cut rectangle crosswise into fifteen 1-inch-wide strips. Holding a strip at each end, twist in opposite directions twice.
- ☐ Place twisted strips 1 inch apart on cookie sheet, pressing both ends down.
- ☐ Bake 10 to 12 minutes or until golden brown. Cool on cookie sheet 1 to 2 minutes; carefully remove from cookie sheet to wire rack.
- ☐ In small bowl, stir together all glaze ingredients, adding more milk, 1 teaspoon at a time, if necessary, until thin enough to drizzle.
- ☐ Drizzle glaze over warm biscuits.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:10.75, Inflammation Score:-2, Nutrition Score:3.5204347992397%

Nutrients (% of daily need)

Calories: 131.19kcal (6.56%), Fat: 2.94g (4.52%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 23.6g (8.58%), Sugar: 10.31g (11.46%), Cholesterol: 0.12mg (0.04%), Sodium: 142.63mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Manganese: 0.23mg (11.7%), Vitamin B1: 0.14mg (9.21%), Selenium: 5.73µg (8.18%), Folate: 31.72µg (7.93%), Vitamin B2: 0.12mg (7.34%), Calcium: 56.67mg (5.67%), Vitamin B3: 1.1mg (5.51%), Iron: 0.97mg (5.38%), Phosphorus: 47.46mg (4.75%), Fiber: 0.7g (2.81%), Copper: 0.06mg (2.79%), Magnesium: 10.06mg (2.52%), Potassium: 57.58mg (1.65%), Zinc: 0.23mg (1.56%), Vitamin A: 68.95IU (1.38%), Vitamin B5: 0.11mg (1.07%)