



Mini Pumpkin Biscuits



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 2 cups baking mix
- ☐ 0.8 cup sweet potatoes and into cooked mashed
- ☐ 0.3 cup water (105° to 115°)
- ☐ 1 tablespoon sugar
- ☐ 12 cashew pieces whole
- ☐ 36 raisins
- ☐ 1 eggs beaten
- ☐ 2 drops food coloring red

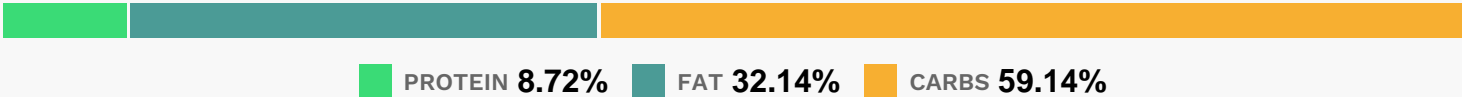
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°. Stir baking mix, sweet potatoes, water and sugar until soft dough forms. Turn dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times.
- ☐ Shape dough into 12 balls.
- ☐ Place on ungreased cookie sheet. Insert round end of cashew into top of each ball. Make face of pumpkin by inserting raisins for eyes and nose in side of each ball.
- ☐ Mix egg and food color; brush over pumpkins.
- ☐ Bake 15 to 20 minutes or until light golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:4.7756521274214%

Nutrients (% of daily need)

Calories: 114.58kcal (5.73%), Fat: 4.1g (6.31%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 16.16g (5.88%), Sugar: 3.78g (4.2%), Cholesterol: 14.04mg (4.68%), Sodium: 265.83mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin A: 1199.89IU (24%), Phosphorus: 138.19mg (13.82%), Vitamin B1: 0.13mg (8.73%), Folate: 28.06µg (7.01%), Vitamin B2: 0.11mg (6.65%), Manganese: 0.12mg (5.97%), Vitamin B3: 0.99mg (4.95%), Iron: 0.81mg (4.49%), Selenium: 2.99µg (4.27%), Copper: 0.08mg (4.22%), Calcium: 41.48mg (4.15%), Fiber: 0.82g (3.28%), Vitamin B5: 0.31mg (3.13%), Magnesium: 12.4mg (3.1%), Potassium: 87.97mg (2.51%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.28mg (1.88%), Vitamin K: 1.97µg (1.88%), Vitamin B12: 0.11µg (1.84%)