



## Peaches and Cream Pull Apart Biscuits

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



220 kcal

DESSERT

### Ingredients

- 0.3 cup granulated sugar
- 2 peaches pitted ripe peeled coarsely chopped
- 3 tablespoons butter melted
- 1 cup whipping cream
- 4 cups powdered sugar
- 3 cups frangelico

### Equipment

- bowl

- baking sheet
- baking paper
- oven
- knife
- pizza cutter

## Directions

- Heat oven to 425°F. Line cookie sheet with cooking parchment paper or silicone baking mat.
- In large bowl, stir together Bisquick® mix and granulated sugar.
- Add chopped peaches; toss lightly.
- Add 1/2 cup of the whipping cream and the melted butter; gently fold into peach mixture until a dough forms.
- Turn dough out onto cookie sheet. With hands, flatten dough; shape into 10x7-inch rectangle about 1-inch thick.
- Using pizza cutter or large knife, score dough to make 15 biscuits.
- Bake 15 to 17 minutes or until biscuits are golden brown.
- To make glaze, in small bowl, stir together remaining 1/2 cup whipping cream and the powdered sugar until smooth.
- Drizzle over warm biscuits.

## Nutrition Facts



**PROTEIN 1.16%** **FAT 32.1%** **CARBS 66.74%**

## Properties

Glycemic Index:10.69, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:1.3134782612324%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## **Nutrients (% of daily need)**

Calories: 219.74kcal (10.99%), Fat: 8.06g (12.41%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 37.43g (13.61%), Sugar: 36.77g (40.85%), Cholesterol: 23.95mg (7.98%), Sodium: 25.56mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin A: 368.41IU (7.37%), Vitamin B2: 0.04mg (2.57%), Vitamin E: 0.36mg (2.38%), Vitamin D: 0.25µg (1.69%), Selenium: 1.14µg (1.62%), Phosphorus: 14.27mg (1.43%), Vitamin K: 1.3µg (1.24%), Calcium: 12.3mg (1.23%), Fiber: 0.3g (1.2%), Potassium: 40.85mg (1.17%), Vitamin C: 0.92mg (1.11%)