

Taste of Home

Pineapple Biscuits

READY IN



25 min.

SERVINGS



10

CALORIES



271 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 8 ounces pineapple crushed drained canned
- 1 teaspoon ground cinnamon
- 12 ounces grands flaky refrigerator biscuits refrigerated

Equipment

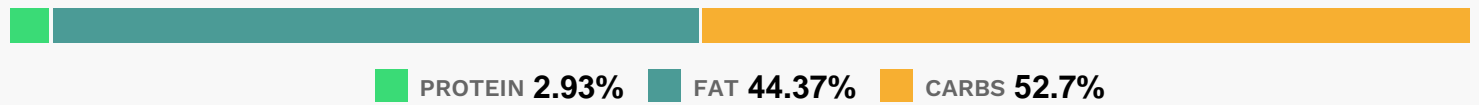
- bowl
- oven

muffin liners

Directions

- In a bowl, combine the brown sugar and butter; stir in the pineapple and cinnamon. Spoon into 10 greased muffin cups.
- Place one biscuit in each prepared cup.
- Bake at 425° for 10 minutes or until golden brown.
- Let stand for 5 minutes before inverting onto a serving platter.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:13.61, Inflammation Score:-2, Nutrition Score:3.7513043064138%

Nutrients (% of daily need)

Calories: 271.45kcal (13.57%), Fat: 13.54g (20.84%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 35.35g (12.85%), Sugar: 21.26g (23.62%), Cholesterol: 12.2mg (4.07%), Sodium: 159.91mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin B1: 0.14mg (9.57%), Manganese: 0.19mg (9.38%), Folate: 28.98µg (7.25%), Vitamin B2: 0.11mg (6.68%), Iron: 1.17mg (6.52%), Vitamin E: 0.97mg (6.47%), Vitamin B3: 1.2mg (5.99%), Vitamin K: 4.36µg (4.15%), Vitamin A: 183IU (3.66%), Selenium: 2.39µg (3.42%), Fiber: 0.84g (3.37%), Copper: 0.06mg (3.04%), Phosphorus: 25.97mg (2.6%), Vitamin C: 2.14mg (2.59%), Magnesium: 9.39mg (2.35%), Vitamin B6: 0.05mg (2.31%), Potassium: 74.91mg (2.14%), Calcium: 20.55mg (2.05%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.12mg (1.24%)