



WHATSheATE



Praline Meltaway Biscuits



Gluten Free

READY IN



28 min.

SERVINGS



12

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup pecans chopped
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 2 tablespoons granulated sugar
- ☐ 2.3 cups frangelico

Equipment

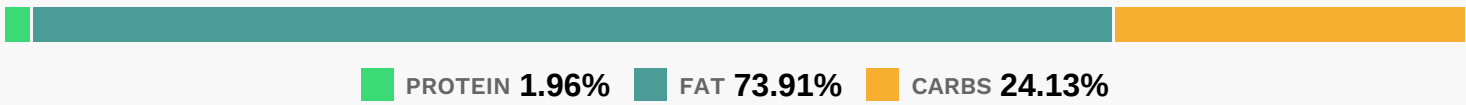
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 425°F. Spray bottoms and sides of 12 regular-size muffin cups with cooking spray. Stir together butter, brown sugar and pecans in small bowl. Divide sugar mixture evenly among muffin cups.
- ☐ Stir Bisquick mix, milk and granulated sugar in medium bowl until soft dough forms.
- ☐ Place a spoonful of dough in each muffin cup.
- ☐ Bake 11 to 13 minutes or until golden brown. Turn pan upside down onto cookie sheet. Leave pan over biscuits a few minutes to allow brown sugar mixture to drizzle over biscuits. Replace topping from pan on biscuits. Cool slightly before serving; serve warm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:1.6365217501703%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 142.14kcal (7.11%), Fat: 12.04g (18.52%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.55g (3.11%), Sugar: 8.43g (9.37%), Cholesterol: 14.94mg (4.98%), Sodium: 64.76mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin A: 421.61IU (8.43%), Manganese: 0.14mg (7.02%), Vitamin E: 0.36mg (2.4%), Copper: 0.04mg (2.04%), Vitamin B2: 0.03mg (1.85%), Phosphorus: 17.75mg (1.78%), Calcium: 17.83mg (1.78%), Vitamin B1: 0.02mg (1.55%), Vitamin D: 0.21µg (1.41%), Magnesium: 5.33mg

(1.33%), Fiber: 0.29g (1.16%), Zinc: 0.17mg (1.14%), Potassium: 35.79mg (1.02%)