

Pumpkin Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



63 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons brown sugar packed
- ☐ 0.5 cup butter sliced
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups pumpkin puree

☐ 0.5 teaspoon salt

Equipment

☐ baking sheet

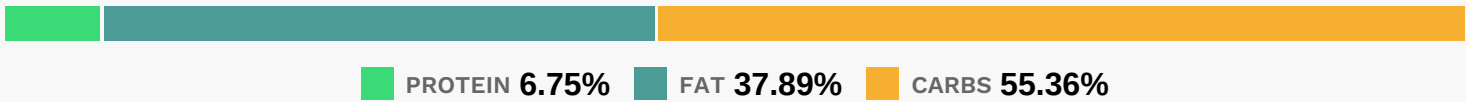
☐ oven

☐ blender

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Butter one large cookie sheet.
- ☐ Stir together the flour, brown sugar, baking powder, salt, nutmeg, cinnamon and ginger.
- ☐ Cut in the butter with a pastry blender until the mixture resembles coarse crumbs. Stir in the pumpkin and mix to form a soft dough.
- ☐ On a lightly floured surface pat the dough out to 1/2 inch thick.
- ☐ Cut out biscuits with a round 2 inch cutter.
- ☐ Place biscuits on the prepared cookie sheet.
- ☐ Bake at 400 degrees F (205 degrees C) for 15 to 20 minutes.
- ☐ Serve warm from the oven.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:4.88, Inflammation Score:-8, Nutrition Score:3.8826086249041%

Nutrients (% of daily need)

Calories: 62.96kcal (3.15%), Fat: 2.69g (4.13%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.19g (2.98%), Sugar: 1.45g (1.61%), Cholesterol: 6.78mg (2.26%), Sodium: 89.05mg (3.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin A: 2197.14IU (43.94%), Vitamin B1: 0.07mg (4.77%), Folate: 17.64µg (4.41%), Manganese: 0.09mg (4.38%), Selenium: 3.05µg (4.36%), Iron: 0.64mg (3.56%), Vitamin B2: 0.05mg (3.02%), Vitamin B3: 0.57mg (2.83%), Calcium: 26.21mg (2.62%), Fiber: 0.64g (2.57%), Vitamin K: 2.43µg (2.31%), Phosphorus: 22.3mg (2.23%), Vitamin E: 0.22mg (1.49%), Copper: 0.03mg (1.39%), Magnesium: 5.35mg (1.34%), Potassium: 39.78mg (1.14%)