



Pumpkin Biscuits with Orange-Honey Butter

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter chilled cut into small pieces
- 0.5 cup pumpkin canned
- 0.8 cup buttermilk fat-free
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 0.3 cup orange-honey butter
- 0.5 teaspoon salt
- 3 tablespoons sugar

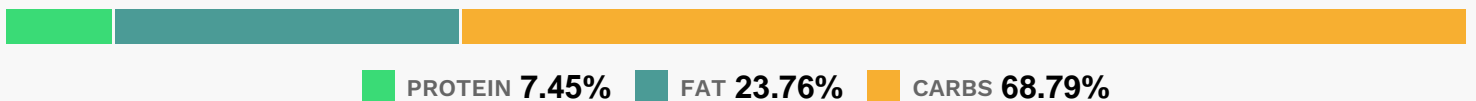
Equipment

- baking sheet
- oven
- knife
- blender
- measuring cup

Directions

- Preheat oven to 45
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour and next 6 ingredients (flour through nutmeg); cut in chilled butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine buttermilk and pumpkin; add to flour mixture, stirring just until moist. Turn the dough out onto a lightly floured surface; knead lightly 5 times.
- Roll dough to about 1/2-inch thickness.
- Cut into 12 biscuits with a 2 1/2-inch biscuit cutter.
- Place the biscuits on a baking sheet coated with cooking spray.
- Bake at 450 for 11 minutes or until golden.
- Serve warm with 1/4 cup Orange-Honey Butter.
- Totals include 1/4 cup Orange-Honey Butter.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:16.81, Inflammation Score:-8, Nutrition Score:5.2930435486462%

Nutrients (% of daily need)

Calories: 152.84kcal (7.64%), Fat: 4.09g (6.3%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.7g (9.35%), Sugar: 9.94g (11.05%), Cholesterol: 10.46mg (3.49%), Sodium: 258.44mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin A: 1707.44IU (34.15%), Vitamin B1: 0.17mg (11.09%), Selenium: 7.23µg (10.33%), Folate: 39.67µg (9.92%), Manganese: 0.19mg (9.69%), Iron: 1.23mg (6.83%), Vitamin B2: 0.11mg (6.67%), Vitamin B3: 1.28mg (6.4%), Calcium: 50.27mg (5.03%), Phosphorus: 42.29mg (4.23%), Fiber: 0.97g (3.88%), Copper: 0.04mg (2.24%), Vitamin K: 2.08µg (1.98%), Magnesium: 7.53mg (1.88%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.14mg (1.43%), Potassium: 49.21mg (1.41%), Zinc: 0.19mg (1.25%)