



Spiced Pumpkin Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 0.8 cup pumpkin puree canned
- ☐ 0.3 cup nonfat buttermilk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 1.3 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt

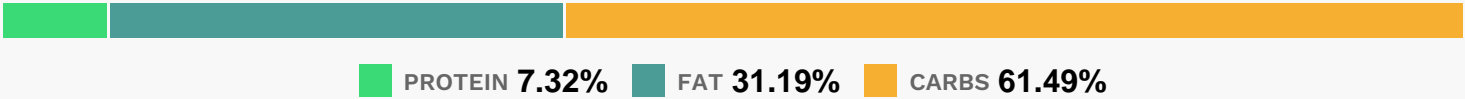
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, pumpkin pie spice, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Chill 10 minutes.
- ☐ Combine buttermilk and honey, stirring with a whisk until well blended; add canned pumpkin.
- ☐ Add buttermilk mixture to flour mixture; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times.
- ☐ Roll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds (as if folding a piece of paper to fit into an envelope). Reroll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds; gently roll or pat to a 3/4-inch thickness.
- ☐ Cut dough with a 1 3/4-inch biscuit cutter to form 14 dough rounds.
- ☐ Place dough rounds, 1 inch apart, on a baking sheet lined with parchment paper.
- ☐ Bake at 400 for 14 minutes or until golden.
- ☐ Remove from pan; cool 2 minutes on wire racks.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.23, Glycemic Load:11.97, Inflammation Score:-8, Nutrition Score:5.3813044176154%

Nutrients (% of daily need)

Calories: 122.12kcal (6.11%), Fat: 4.29g (6.6%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.13g (6.59%), Sugar: 4.47g (4.97%), Cholesterol: 10.86mg (3.62%), Sodium: 197.39mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin A: 2168.06IU (43.36%), Vitamin B1: 0.14mg (9.59%), Selenium: 6.21µg (8.87%), Manganese: 0.17mg (8.68%), Folate: 34.54µg (8.63%), Iron: 1.15mg (6.36%), Vitamin B2: 0.1mg (5.82%), Vitamin B3: 1.11mg (5.57%), Calcium: 51.53mg (5.15%), Phosphorus: 41.12mg (4.11%), Fiber: 0.9g (3.6%), Vitamin K: 2.55µg (2.43%), Copper: 0.04mg (2.12%), Magnesium: 7.58mg (1.89%), Vitamin E: 0.27mg (1.8%), Potassium: 51.03mg (1.46%), Vitamin B5: 0.14mg (1.39%), Zinc: 0.17mg (1.11%)