



## Spicy Sweet Potato Biscuits

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



81 kcal

### Ingredients

- 0.5 teaspoon ground pepper red (cayenne)
- 0.3 cup butter cold
- 1 cup sweet potatoes and into cooked mashed
- 0.5 cup milk
- 2 tablespoons butter melted
- 1 serving butter
- 2.8 cups frangelico

### Equipment

- bowl

- baking sheet
- oven
- blender

## Directions

- Heat oven to 450°F. Spray cookie sheet with cooking spray.
- In medium bowl, stir Bisquick mix and red pepper.
- Cut in 1/3 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. In small bowl, mix sweet potatoes and milk until blended; add to butter mixture, stirring with fork until dough leaves side of bowl.
- Place dough on well-floured surface; gently roll in flour to coat. Knead lightly 6 to 8 times.
- Roll or pat dough to 1-inch thickness.
- Cut with floured 2-inch biscuit cutter.
- Place about 1 inch apart on cookie sheet.
- Bake 12 to 15 minutes or until light golden brown.
- Brush with melted butter.
- Serve warm.

## Nutrition Facts

    
 **PROTEIN 2.88%**  **FAT 83.77%**  **CARBS 13.35%**

## Properties

Glycemic Index:23.17, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:2.59999999940395%

## Nutrients (% of daily need)

Calories: 80.82kcal (4.04%), Fat: 7.69g (11.83%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.97g (1.07%), Cholesterol: 20.69mg (6.9%), Sodium: 68.21mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin A: 1849.84IU (37%), Calcium: 18.13mg (1.81%), Vitamin E: 0.27mg (1.79%), Phosphorus: 17.9mg (1.79%), Potassium: 56.45mg (1.61%), Vitamin B6: 0.03mg (1.58%), Manganese: 0.03mg (1.53%), Vitamin B2: 0.02mg (1.45%), Fiber: 0.36g (1.42%), Vitamin B5: 0.14mg (1.37%), Vitamin B12: 0.07µg (1.17%), Magnesium: 4.3mg (1.07%)