



Spicy Sweet Potato Biscuits



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



114 kcal

Ingredients

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

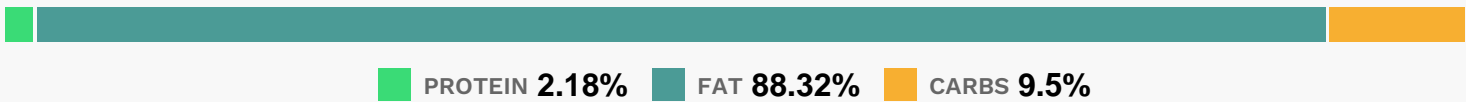
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 450F. 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



Properties

Glycemic Index:23.17, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:2.7756522077581%

Nutrients (% of daily need)

Calories: 113.69kcal (5.68%), Fat: 11.41g (17.55%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.97g (1.08%), Cholesterol: 30.54mg (10.18%), Sodium: 97.68mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin A: 1964.37IU (39.29%), Vitamin E: 0.38mg (2.5%), Calcium: 19.23mg (1.92%), Phosphorus: 19mg (1.9%), Potassium: 57.55mg (1.64%), Vitamin B6: 0.03mg (1.59%), Vitamin B2: 0.03mg (1.54%), Manganese: 0.03mg (1.53%), Vitamin B5: 0.14mg (1.42%), Fiber: 0.36g (1.42%), Vitamin B12: 0.08µg (1.3%), Vitamin K: 1.25µg (1.19%), Magnesium: 4.39mg (1.1%), Vitamin B1: 0.02mg (1.02%)