



Sugar-Crusted Sweet Potato Biscuits

READY IN



35 min.

SERVINGS



12

CALORIES



144 kcal

DESSERT

Ingredients

- 4 tablespoons brown sugar divided
- 0.7 cup milk
- 2 cups self-rising flour martha white®
- 0.3 cup heavy whipping cream sour
- 0.5 cup sweet potatoes and into canned cooked mashed
- 3 tablespoons all-vegetable shortening crisco®

Equipment

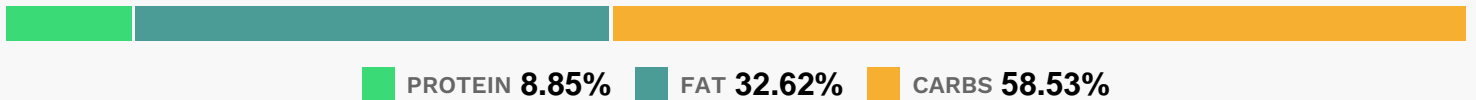
- bowl

- baking sheet
- oven
- blender

Directions

- Heat oven to 400 degrees F. Spray cookie sheet with no-stick cooking spray.
- Combine flour and 2 tablespoons of the brown sugar in medium bowl; mix well.
- Cut in shortening with pastry blender or fork until mixture resembles coarse crumbs.
- Combine milk, sweet potato and sour cream in small bowl; blend well.
- Add to flour mixture all at once, stirring just until moistened (if dough is too dry, add additional milk 1 teaspoon at a time, until dry ingredients are moistened). Drop dough by 1/4 cupfuls onto prepared cookie sheet.
- Sprinkle with remaining 2 tablespoons brown sugar.
- Bake 15 to 20 minutes or until biscuits are golden brown. Immediately remove from cookie sheet.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:10.58, Inflammation Score:-5, Nutrition Score:3.3686956419893%

Nutrients (% of daily need)

Calories: 144.25kcal (7.21%), Fat: 5.22g (8.03%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.41g (7.42%), Sugar: 5.05g (5.61%), Cholesterol: 5.4mg (1.8%), Sodium: 11.84mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin A: 848.38IU (16.97%), Selenium: 8.85µg (12.64%), Manganese: 0.18mg (9.16%), Phosphorus: 41.52mg (4.15%), Calcium: 31.27mg (3.13%), Vitamin B2: 0.05mg (2.67%), Fiber: 0.67g (2.66%), Copper: 0.05mg (2.47%), Vitamin B5: 0.23mg (2.35%), Magnesium: 9.22mg (2.3%), Vitamin E: 0.32mg (2.17%), Potassium: 73.15mg (2.09%), Vitamin B1: 0.03mg (2.03%), Folate: 7.91µg (1.98%), Vitamin K: 2µg (1.91%), Zinc: 0.27mg (1.81%), Vitamin B6: 0.03mg (1.59%), Vitamin B12: 0.09µg (1.44%), Iron: 0.26mg (1.42%), Vitamin B3: 0.26mg (1.32%)