



## Sweet Potato Biscuits

READY IN



45 min.

SERVINGS



34

CALORIES



116 kcal

DESSERT

### Ingredients

- 0.3 ounce active yeast dry
- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 34 servings butter melted
- 2.5 cups flour all-purpose
- 1 teaspoon salt
- 0.5 cup sugar
- 15 ounce sweet potatoes in syrup mashed drained canned
- 0.3 cup warm water (100° to 110°)

## Equipment

- baking sheet
- oven
- mixing bowl
- measuring cup

## Directions

- Combine yeast and 1/4 cup warm water in a glass measuring cup; let stand 5 minutes.
- Stir together sweet potatoes and butter, blending well. Stir in sugar and salt; add yeast mixture, stirring until smooth.
- Combine flour and baking powder; gradually stir into potato mixture, until well blended. Lightly knead until dough holds together.
- Shape dough into a ball; place in a buttered mixing bowl.
- Brush top with melted butter. Cover and let rise in a warm place (85), free from drafts, 2 1/2 hours or until doubled in bulk.
- Punch down dough, and turn out onto a floured surface.
- Roll dough to a 1/2-inch thickness; cut with a 2-inch round cutter, and place on greased baking sheets. Cover and let rise in a warm place, free from drafts, 2 hours or until doubled in bulk.
- Bake at 400 for 12 minutes or until golden.

## Nutrition Facts

    
 **PROTEIN 4.44%**  **FAT 52.61%**  **CARBS 42.95%**

## Properties

Glycemic Index:10.15, Glycemic Load:8.4, Inflammation Score:-8, Nutrition Score:3.9591304044361%

## Nutrients (% of daily need)

Calories: 116.13kcal (5.81%), Fat: 6.86g (10.56%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 11.93g (4.34%), Sugar: 3.49g (3.87%), Cholesterol: 10.75mg (3.58%), Sodium: 151.78mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin A: 2018.75IU (40.37%), Vitamin B1: 0.11mg

(7.03%), Folate: 23.26µg (5.81%), Manganese: 0.1mg (4.8%), Selenium: 3.28µg (4.68%), Vitamin B2: 0.06mg (3.82%), Vitamin B3: 0.7mg (3.49%), Iron: 0.52mg (2.91%), Fiber: 0.68g (2.72%), Phosphorus: 21.68mg (2.17%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.69%), Copper: 0.03mg (1.68%), Potassium: 56.67mg (1.62%), Calcium: 14.43mg (1.44%), Magnesium: 5.51mg (1.38%)