



Sweet Potato Biscuits

READY IN



45 min.

SERVINGS



14

CALORIES



264 kcal

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 cup butter
- ☐ 0.8 cup buttermilk
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 1 cup sweet potatoes and into cooked mashed

Equipment

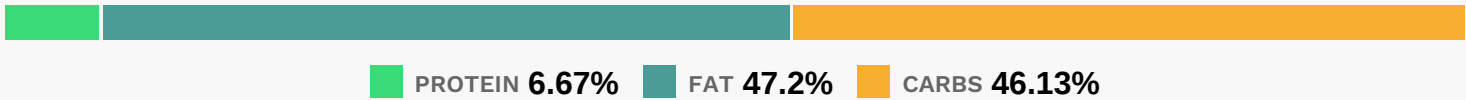
- ☐ baking sheet
- ☐ oven

☐ blender

Directions

- ☐ Combine first 3 ingredients.
- ☐ Cut in butter with a pastry blender until crumbly.
- ☐ Stir together sweet potato and buttermilk; add to dry ingredients, stirring just until moistened.
- ☐ Turn dough out onto a lightly floured surface, and knead 3 to 4 times. Pat or roll to 1/2-inch thickness.
- ☐ Cut dough with a 3-inch round cutter, and place biscuits on a lightly greased baking sheet.
- ☐ Bake at 425 for 10 to 15 minutes or until golden.
- ☐ Prep: 15 min.,
- ☐ Bake: 15 min.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:21.29, Inflammation Score:-8, Nutrition Score:8.3273912305417%

Nutrients (% of daily need)

Calories: 263.63kcal (13.18%), Fat: 13.83g (21.28%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 29.16g (10.6%), Sugar: 1.12g (1.25%), Cholesterol: 1.41mg (0.47%), Sodium: 686.27mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Vitamin A: 1948.96IU (38.98%), Vitamin B1: 0.3mg (19.7%), Selenium: 12.64µg (18.06%), Folate: 67.21µg (16.8%), Manganese: 0.27mg (13.48%), Calcium: 128.79mg (12.88%), Vitamin B2: 0.21mg (12.37%), Vitamin B3: 2.18mg (10.88%), Iron: 1.91mg (10.61%), Phosphorus: 95.25mg (9.53%), Fiber: 1.25g (5.01%), Vitamin E: 0.56mg (3.72%), Copper: 0.07mg (3.47%), Magnesium: 12.48mg (3.12%), Vitamin B5: 0.29mg (2.95%), Potassium: 94.81mg (2.71%), Zinc: 0.33mg (2.19%), Vitamin B6: 0.04mg (2.08%), Vitamin B12: 0.08µg (1.26%), Vitamin D: 0.17µg (1.11%)