



## Sweet Potato Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

DESSERT

### Ingredients

- 1 cup sweet potatoes and into mashed ( 1 medium potato)
- 1 tablespoon double-acting baking powder
- 0.3 teaspoon baking soda
- 8 tablespoons butter unsalted frozen (1 stick)
- 2 cups flour all-purpose
- 1 tablespoon granulated sugar
- 0.5 teaspoon salt fine
- 0.8 cup milk whole

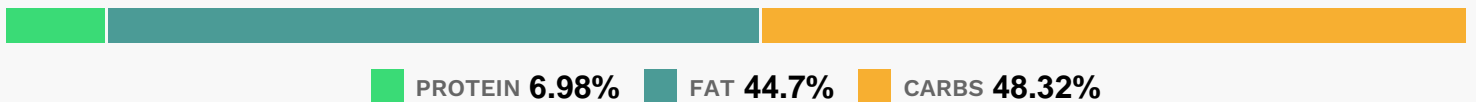
## Equipment

- baking sheet
- oven
- mixing bowl
- cookie cutter
- rolling pin
- box grater

## Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Combine all dry ingredients in a large mixing bowl and set aside. In a separate large bowl, mix together milk and mashed sweet potato until evenly combined. Grate frozen butter through the large holes of a box grater and toss with dry ingredients until butter is coated.
- Add milk mixture and mix lightly until dough forms a shaggy mass. Turn out mixture onto a floured surface and knead just until it comes together. (The dough will not be smooth.) Pat into a circle and use a floured rolling pin to roll dough to a thickness of about 3/4 inch. Using a 3-inch biscuit cutter, cookie cutter, or glass, cut the dough into rounds. Gather leftover dough into a circle, reroll, and cut until you have 8 large biscuits.
- Place biscuits on a baking sheet, brush tops with heavy cream, and bake until the bottoms are golden brown, about 12 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:41.64, Glycemic Load:20.74, Inflammation Score:-9, Nutrition Score:8.9934783228066%

## Nutrients (% of daily need)

Calories: 248.72kcal (12.44%), Fat: 12.41g (19.09%), Saturated Fat: 7.67g (47.93%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 28.83g (10.48%), Sugar: 3.38g (3.76%), Cholesterol: 32.85mg (10.95%), Sodium: 358.56mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin A: 2745.51IU (54.91%), Vitamin

B1: 0.27mg (18.12%), Selenium: 11.28µg (16.12%), Folate: 59.44µg (14.86%), Calcium: 129.42mg (12.94%), Manganese: 0.26mg (12.9%), Vitamin B2: 0.2mg (11.83%), Phosphorus: 100.89mg (10.09%), Vitamin B3: 1.97mg (9.84%), Iron: 1.72mg (9.56%), Fiber: 1.35g (5.38%), Vitamin B5: 0.37mg (3.71%), Copper: 0.07mg (3.65%), Potassium: 127.5mg (3.64%), Magnesium: 14.47mg (3.62%), Vitamin B6: 0.06mg (3.14%), Vitamin D: 0.46µg (3.08%), Vitamin E: 0.4mg (2.65%), Zinc: 0.38mg (2.5%), Vitamin B12: 0.15µg (2.46%), Vitamin K: 1.44µg (1.37%)