



Sweet Potato Biscuits

 Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



46 kcal

Ingredients

- 0.3 cup butter softened
- 1 cup sweet potatoes and into cooked mashed
- 0.5 cup milk
- 2.5 cups frangelico

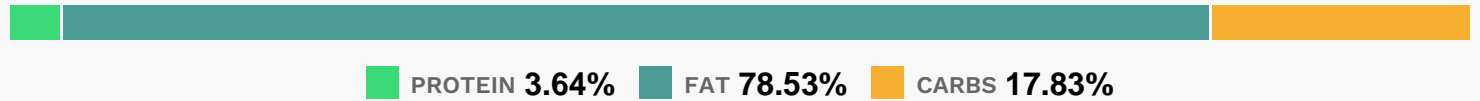
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450°F. Stir all ingredients until soft dough forms.
- Place dough on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Shape into a ball; knead 3 or 4 times.
- Roll 1/2 inch thick.
- Cut with 2 1/2-inch round cutter dipped in Bisquick mix.
- Place with edges touching on ungreased cookie sheet.
- Bake 10 to 12 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:1.8573912712543%

Nutrients (% of daily need)

Calories: 45.73kcal (2.29%), Fat: 4.06g (6.24%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.71g (0.79%), Cholesterol: 0.92mg (0.31%), Sodium: 52.07mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin A: 1360.81IU (27.22%), Calcium: 13.29mg (1.33%), Phosphorus: 12.7mg (1.27%), Potassium: 41.44mg (1.18%), Vitamin E: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.12%), Manganese: 0.02mg (1.09%), Vitamin B2: 0.02mg (1.02%)