



Sweet Potato Biscuits

 Gluten Free

READY IN



22 min.

SERVINGS



1

CALORIES



732 kcal

Ingredients

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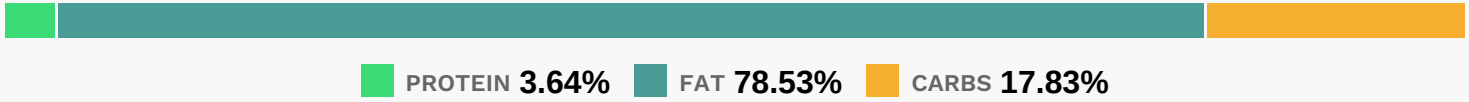
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450F. 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:96, Glycemic Load:15.37, Inflammation Score:-10, Nutrition Score:15.133043413577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 731.62kcal (36.58%), Fat: 64.88g (99.82%), Saturated Fat: 14.93g (93.31%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 29.15g (10.6%), Sugar: 11.43g (12.7%), Cholesterol: 14.64mg (4.88%), Sodium: 833.05mg (36.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin A: 21772.95IU (435.46%), Calcium: 212.66mg (21.27%), Phosphorus: 203.13mg (20.31%), Potassium: 662.99mg (18.94%), Vitamin E: 2.75mg (18.35%), Vitamin B6: 0.36mg (17.96%), Manganese: 0.35mg (17.4%), Vitamin B2: 0.28mg (16.32%), Fiber: 3.99g (15.96%), Vitamin B5: 1.58mg (15.83%), Magnesium: 50.16mg (12.54%), Vitamin B12: 0.73µg (12.24%), Vitamin B1: 0.18mg (11.98%), Copper: 0.2mg (10.1%), Vitamin D: 1.34µg (8.95%), Zinc: 0.9mg (5.99%), Iron: 0.81mg (4.51%), Selenium: 3.12µg (4.45%), Vitamin B3: 0.89mg (4.43%), Vitamin C: 3.34mg (4.05%), Folate: 15.39µg (3.85%), Vitamin K: 2.76µg (2.63%)