



Sweet Potato Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

Ingredients

- ☐ 1.3 cups baking mix whole-wheat
- ☐ 0.5 cup buttermilk
- ☐ 0.3 teaspoon ground allspice
- ☐ 5 ounces sweet potatoes and into
- ☐ 2 tablespoons butter unsalted chilled cubed

Equipment

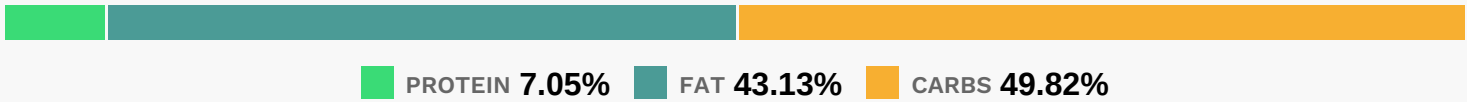
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels

- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Wrap sweet potato in a paper towel.Microwave on high until soft, 4 minutes.Scoop flesh into a bowl and mash; setaside.
- ☐ Heat oven to 400°F.
- ☐ Place biscuit mixand butter in a bowl; rub butter into mixwith fingertips until large pea-sizedcrumbs form.
- ☐ Add sweet potato, buttermilkand allspice; mix until just combined.
- ☐ Transfer dough onto a cookie sheet andform into a 12" x 4" rectangle.
- ☐ Cut into 8rectangles with a serrated knife and separateslightly.
- ☐ Bake until biscuits are firmto the touch, 8 to 10 minutes.
- ☐ Transfer toa wire rack to cool. Once cool, store in anairtight container for up to 3 days.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:6.0391304959422%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 130.05kcal (6.5%), Fat: 6.24g (9.6%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.27g (5.55%), Sugar: 3.66g (4.07%), Cholesterol: 9.55mg (3.18%), Sodium: 265.18mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin A: 2627.02IU (52.54%), Phosphorus: 131.68mg (13.17%), Vitamin B1: 0.13mg (8.59%), Vitamin B2: 0.12mg (7.05%), Folate: 26.26µg (6.57%), Calcium: 57.38mg (5.74%), Manganese: 0.11mg (5.6%), Vitamin B3: 0.97mg (4.84%), Fiber: 0.94g (3.76%), Vitamin B5:

0.37mg (3.68%), Iron: 0.64mg (3.54%), Potassium: 112.02mg (3.2%), Selenium: 2.1µg (3.01%), Copper: 0.06mg (3.01%), Vitamin B6: 0.06mg (2.85%), Magnesium: 10.77mg (2.69%), Vitamin B12: 0.15µg (2.47%), Vitamin K: 1.83µg (1.74%), Vitamin D: 0.25µg (1.65%), Zinc: 0.23mg (1.51%), Vitamin E: 0.16mg (1.08%)