



Sweet Potato Biscuits

 Vegetarian

READY IN



40 min.

SERVINGS



1

CALORIES



2537 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar packed
- 0.5 cup butter cold cut into pieces
- 2 cups flour all-purpose
- 2 teaspoons granulated sugar
- 0.8 teaspoon ground cinnamon divided
- 0.5 teaspoon salt
- 0.5 cup sweet potatoes and into cooked mashed

- 0.5 cup whipping cream cold
- 2 tablespoons whipping cream

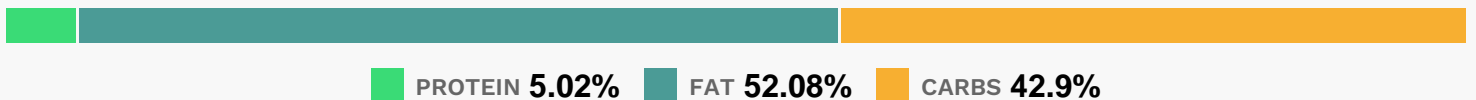
Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender

Directions

- Preheat oven to 45
- Stir together first 4 ingredients and 1/2 tsp. cinnamon in a large bowl; cut in butter with a pastry blender until mixture resembles small peas and dough is crumbly. Freeze 5 minutes.
- Stir together sweet potatoes and 1/2 cup whipping cream.
- Add to flour mixture, stirring just until dry ingredients are moistened.
- Turn dough out onto a lightly floured surface (mixture will be crumbly); knead 1 minute. Pat dough into a 3/4-inch-thick circle.
- Cut dough with a well-floured 2 1/2-inch round cutter, rerolling scraps as needed.
- Line baking sheets with parchment paper; lightly grease paper with cooking spray.
- Place biscuits 2 inches apart on prepared baking sheets.
- Brush tops of biscuits with 2 Tbsp. whipping cream.
- Stir together granulated sugar and remaining 1/4 tsp. cinnamon.
- Sprinkle dough rounds with sugar mixture.
- Bake at 450 for 13 to 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:350.09, Glycemic Load:153.3, Inflammation Score:-10, Nutrition Score:49.76782600776%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2537.45kcal (126.87%), Fat: 148.36g (228.25%), Saturated Fat: 93.01g (581.34%), Carbohydrates: 274.91g (91.64%), Net Carbohydrates: 265.34g (96.49%), Sugar: 69.24g (76.93%), Cholesterol: 412.39mg (137.46%), Sodium: 3261.98mg (141.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.19g (64.38%), Vitamin A: 14465.45IU (289.31%), Vitamin B1: 2.05mg (136.68%), Selenium: 91.54µg (130.76%), Folate: 474.82µg (118.71%), Manganese: 2.18mg (108.99%), Calcium: 949.63mg (94.96%), Vitamin B2: 1.6mg (93.91%), Iron: 14.03mg (77.94%), Vitamin B3: 15.35mg (76.77%), Phosphorus: 681mg (68.1%), Fiber: 9.57g (38.26%), Vitamin E: 4.36mg (29.08%), Copper: 0.51mg (25.52%), Magnesium: 93.44mg (23.36%), Vitamin B5: 2.21mg (22.1%), Potassium: 742.81mg (21.22%), Vitamin B6: 0.33mg (16.47%), Zinc: 2.46mg (16.39%), Vitamin D: 2.38µg (15.89%), Vitamin K: 15.13µg (14.41%), Vitamin B12: 0.43µg (7.19%), Vitamin C: 2.55mg (3.09%)