



WHATSheATE



HEALTH SCORE

55%

## Sweet Potato Biscuits



Vegetarian

READY IN



80 min.

SERVINGS



1

CALORIES



1976 kcal

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.5 teaspoon cinnamon
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.8 teaspoon salt
- ☐ 1 pound sweet potatoes scrubbed ( 2 medium)
- ☐ 7 tablespoons butter unsalted chilled cut into small pieces

# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil

# Directions

- ☐ Preheat oven to 375F; line a large, rimmed baking sheet with foil. Prick potatoes all over with a sharp knife and place on baking sheet.
- ☐ Bake until potatoes are tender, 45 minutes to 1 hour. Set potatoes aside until cool enough to handle, then scoop out flesh and mash in a bowl. Measure 3/4 cup of puree for biscuits and place in a bowl (cover and refrigerate any remaining puree for another use).
- ☐ Raise oven temperature to 400F.
- ☐ Add buttermilk to puree and stir until smooth. Sift flour, ginger, cinnamon, baking powder, baking soda and salt into a large bowl. Using a pastry blender or your fingers, mix in 6 Tbsp. butter until mixture resembles coarse crumbs.
- ☐ Add potato mixture and gently mix until dough just begins to come together, adding more buttermilk 1 Tbsp. at a time if necessary. Turn dough out onto a lightly floured surface and knead gently. Pat out dough to a 1/2-inch thickness and use a 1 1/2-inch round cutter to cut out as many biscuits as you can.
- ☐ Place biscuits 1 inch apart on a large ungreased baking sheet. Gather scraps, pat together, cut out more biscuits and place on baking sheet. Repeat until all dough has been used.
- ☐ Melt remaining 1 Tbsp. butter and brush on biscuit tops.
- ☐ Bake for 12 to 14 minutes, until golden.
- ☐ Let cool on wire racks for 5 minutes to serve warm or longer to serve at room temperature.

# Nutrition Facts



 PROTEIN **6.95%**  FAT **38.9%**  CARBS **54.15%**

Properties

Glycemic Index:261, Glycemic Load:170.67, Inflammation Score:-10, Nutrition Score:60.363477955694%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1975.58kcal (98.78%), Fat: 85.89g (132.13%), Saturated Fat: 53.07g (331.69%), Carbohydrates: 268.95g (89.65%), Net Carbohydrates: 248.74g (90.45%), Sugar: 25.52g (28.36%), Cholesterol: 223.9mg (74.63%), Sodium: 3954.31mg (171.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.07%), Vitamin A: 67001.42IU (1340.03%), Manganese: 3.18mg (159.22%), Vitamin B1: 2.13mg (142.2%), Selenium: 82.92µg (118.46%), Folate: 459.34µg (114.83%), Calcium: 1047.77mg (104.78%), Vitamin B2: 1.6mg (94.07%), Phosphorus: 840.2mg (84.02%), Iron: 14.59mg (81.06%), Fiber: 20.21g (80.84%), Vitamin B3: 15.7mg (78.5%), Potassium: 1968.46mg (56.24%), Vitamin B6: 1.1mg (54.91%), Copper: 1.06mg (52.82%), Vitamin B5: 5.16mg (51.59%), Magnesium: 181.51mg (45.38%), Vitamin E: 3.69mg (24.61%), Zinc: 3.5mg (23.31%), Vitamin D: 3.03µg (20.2%), Vitamin K: 16.36µg (15.58%), Vitamin C: 10.93mg (13.25%), Vitamin B12: 0.72µg (11.98%)