



## Sweet Potato Biscuits

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



79 kcal

DESSERT

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 cup butter softened ()
- 1.3 cups flour all-purpose
- 2 tablespoons potatoes (depending on the moisture of the potatoes)
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.8 cup sweet potatoes and into cooked mashed

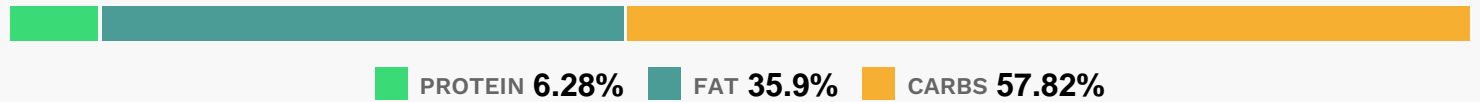
### Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat the oven to 450 degrees F.
- Sift together flour, sugar, baking powder and salt. In a separate, large bowl, mix the sweet potatoes and butter.
- Add the flour mixture to the potato mixture and mix to make a soft dough. Then add milk a tablespoon at a time to mixture and continue to cut in. Turn the dough out onto a floured board and toss lightly until the outside of the dough looks smooth.
- Roll the dough out to 1/2-inch thick and cut with a biscuit cutter.
- Place the biscuits on a greased pan and coat tops with melted butter.
- Bake for about 15 minutes. (Watch your oven: If the biscuits are browning too fast, lower the temperature.)

## Nutrition Facts



## Properties

Glycemic Index:28.59, Glycemic Load:8.05, Inflammation Score:-6, Nutrition Score:3.1943478137255%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 79.01kcal (3.95%), Fat: 3.18g (4.89%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 11g (4%), Sugar: 1.92g (2.13%), Cholesterol: 8.13mg (2.71%), Sodium: 218.91mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin A: 1038.02IU (20.76%), Calcium: 67.44mg (6.74%), Vitamin B1: 0.09mg (5.91%), Selenium: 3.63µg (5.18%), Folate: 20.22µg (5.06%), Manganese: 0.09mg (4.58%), Phosphorus: 39.78mg (3.98%), Iron: 0.66mg (3.66%), Vitamin B2: 0.06mg (3.4%), Vitamin B3: 0.67mg (3.37%), Fiber: 0.53g (2.11%), Copper: 0.03mg (1.37%), Potassium: 43.03mg (1.23%), Vitamin B6: 0.02mg (1.22%), Magnesium: 4.77mg (1.19%), Vitamin B5: 0.11mg (1.09%)