



Sweet Potato Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup milk fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 cup sweet potatoes pureed cooled cooked
- ☐ 5 tablespoons butter unsalted chilled cut into small pieces

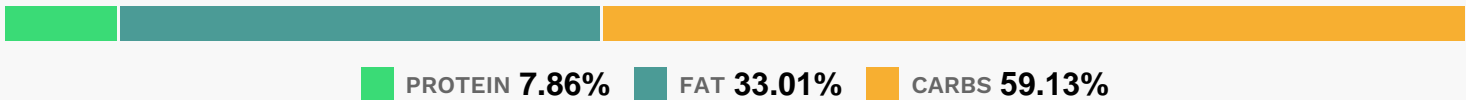
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine sweet potato and milk in a small bowl; add potato mixture to flour mixture, stirring just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 5 times.
- ☐ Roll dough to a 3/4-inch thickness; cut with a 2-inch biscuit cutter into 10 biscuits.
- ☐ Place biscuits on a baking sheet coated with cooking spray. Gather remaining dough.
- ☐ Roll to a 3/4-inch thickness.
- ☐ Cut with a 2-inch biscuit cutter into 6 biscuits.
- ☐ Place the biscuits on prepared baking sheet. Discard any remaining scraps.
- ☐ Bake at 400 for 15 minutes or until lightly browned.
- ☐ Remove from pan; cool 5 minutes on wire racks.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:10.36, Inflammation Score:-7, Nutrition Score:4.1334782378829%

Nutrients (% of daily need)

Calories: 101.45kcal (5.07%), Fat: 3.72g (5.72%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.3g (5.2%), Sugar: 1.4g (1.55%), Cholesterol: 9.56mg (3.19%), Sodium: 133.14mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin A: 1299.04IU (25.98%), Vitamin B1: 0.13mg (8.98%), Selenium: 5.61µg (8.01%), Folate: 30.33µg (7.58%), Manganese: 0.13mg (6.54%), Vitamin B2: 0.09mg (5.42%), Vitamin B3: 1mg (4.98%), Iron: 0.85mg (4.71%), Calcium: 42.11mg (4.21%), Phosphorus: 38.6mg (3.86%), Fiber: 0.68g (2.72%), Copper: 0.04mg (1.82%), Magnesium: 6.42mg (1.61%), Vitamin B5: 0.16mg (1.59%), Potassium: 54.78mg (1.57%), Vitamin B6: 0.03mg (1.37%), Zinc: 0.16mg (1.09%)