



Sweet-Potato Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups buttermilk chilled
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 4 cups self-rising flour
- ☐ 1 tablespoon sugar
- ☐ 15 oz sweet potatoes drained canned
- ☐ 2 tablespoons butter unsalted melted
- ☐ 0.7 cup vegetable shortening chilled

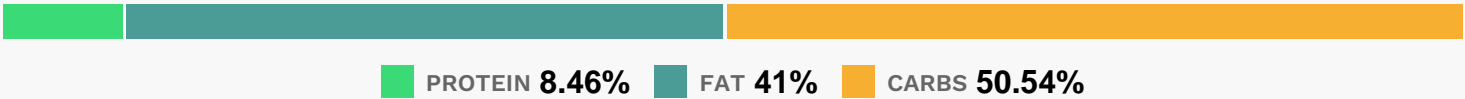
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 425F. Line a large baking sheet with parchment.
- ☐ Whisk self-rising flour, sugar, baking powder and salt in a mixing bowl.
- ☐ Cut in shortening until mixture resembles sand and pebbles. Pat sweet potatoes dry and chop; toss with flour mixture. Gently mix in buttermilk.
- ☐ Knead dough gently 3 or 4 times on a lightly floured counter.
- ☐ Roll out to 3/4-inch thickness.
- ☐ Cut with a 2 1/2 -inch biscuit cutter. Pat together dough scraps and cut out more biscuits.
- ☐ Bake until tops are golden brown, 14 to 18 minutes.
- ☐ Brush with butter and serve hot.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:13.05, Inflammation Score:-9, Nutrition Score:5.9104347332664%

Flavonoids

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

Nutrients (% of daily need)

Calories: 168.48kcal (8.42%), Fat: 7.67g (11.8%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 20.21g (7.35%), Sugar: 2.28g (2.54%), Cholesterol: 4.71mg (1.57%), Sodium: 157.22mg (6.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin A: 2576.29IU (51.53%), Selenium: 9.57µg (13.68%), Manganese: 0.22mg (11.04%), Calcium: 61.4mg (6.14%), Phosphorus: 58.18mg (5.82%), Fiber: 1.07g (4.27%),

Vitamin B2: 0.06mg (3.8%), Copper: 0.07mg (3.59%), Vitamin B5: 0.35mg (3.55%), Vitamin E: 0.52mg (3.47%),
Vitamin B1: 0.05mg (3.42%), Vitamin K: 3.56µg (3.39%), Potassium: 109.34mg (3.12%), Folate: 12.24µg (3.06%),
Magnesium: 12.08mg (3.02%), Vitamin B6: 0.05mg (2.63%), Iron: 0.42mg (2.35%), Zinc: 0.32mg (2.11%), Vitamin B3:
0.4mg (2.01%), Vitamin D: 0.28µg (1.85%), Vitamin B12: 0.09µg (1.57%)