



Sweet Potato Biscuits



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.3 tsp baking soda
- ☐ 1 banana whole cold
- ☐ 1 tsp sugar raw
- ☐ 1 sweet potatoes and into whole mashed
- ☐ 1 cup pastry flour whole wheat

Equipment

- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ toothpicks
- ☐ potato masher

Directions

- ☐ Cook and skin your sweet potato, then mash it with a fork or potato masher and set aside. Grease a cookie sheet or line with parchment paper and set aside. Preheat oven to 425F.
- ☐ Combine flour, baking powder, baking soda, sugar and optional cinnamon together in your food processor and pulse a few times to ensure even distribution of ingredients.
- ☐ Add banana, about 6" worth, and allow the motor to run until a dough forms, about 45 seconds.
- ☐ Transfer dough to a bowl and, using clean hands, mix with about 3/4 cup (start with 1/2 cup) of the cooked sweet potato. The dough should be wet and dough-like -- wetter than most pizza dough but dryer than cake batter. It should be similar to the batter for Bisquick drop biscuits, if you've ever made those. Drop large spoonfuls onto the prepared cookie sheet and bake 5-10 minutes, until a toothpick inserted comes out clean and the edges and bottom are turning golden brown.Per biscuit: 86 calories, 0.3g fat, 18.6g carbs, 2.5g fiber, 2.9g sugar, 2g protein

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 40g
- ☐ Carbohydrate
- ☐ 80gDietary Fiber2.70gSugars3.70gProtein2.20g

Nutrition Facts



 PROTEIN **10.71%**  FAT **4.08%**  CARBS **85.21%**

Properties

Glycemic Index:29.25, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:10.779999875504%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.02kcal (5.2%), Fat: 0.5g (0.77%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 20.27g (7.37%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 132.89mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin A: 4592.71IU (91.85%), Manganese: 0.83mg (41.32%), Selenium: 10.96µg (15.65%), Fiber: 3.24g (12.97%), Vitamin B6: 0.2mg (9.96%), Phosphorus: 94.49mg (9.45%), Magnesium: 36.3mg (9.07%), Vitamin B1: 0.12mg (7.76%), Potassium: 231.7mg (6.62%), Copper: 0.13mg (6.62%), Vitamin B3: 1.14mg (5.71%), Calcium: 55.05mg (5.5%), Iron: 0.93mg (5.18%), Vitamin B5: 0.42mg (4.18%), Zinc: 0.57mg (3.79%), Folate: 14.47µg (3.62%), Vitamin B2: 0.06mg (3.55%), Vitamin C: 2.24mg (2.72%), Vitamin E: 0.22mg (1.48%)