



Sweet Potato Biscuits with Ham, Mustard, and Honey

READY IN



45 min.

SERVINGS



25

CALORIES



112 kcal

Ingredients

- ☐ 1.8 cups flour
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 ounces deli forest ham black thinly sliced
- ☐ 0.3 cup buttermilk chilled
- ☐ 1 pinch ground pepper
- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 25 servings dijon mustard
- ☐ 25 servings honey

- ☐ 0.8 pound cubes red-skinned sweet potato peeled cut into 1/2-inch cubes (yam)
- ☐ 1 teaspoon salt
- ☐ 8 tablespoons butter unsalted chilled melted cut into 1/2-inch cubes, plus 2 tablespoons butter, (1 stick)

Equipment

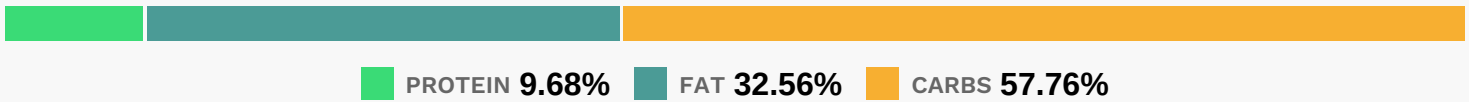
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ cake form

Directions

- ☐ Cook sweet potato in medium saucepan of boiling salted water until tender, 8 to 10 minutes.
- ☐ Drain, cool, and mash.
- ☐ Position rack in lower third of oven; preheat to 425°F. Butter bottom and sides of 9-inch cake pan with 1 1/2-inch-high sides.
- ☐ Whisk flour and next 5 ingredients in large bowl.
- ☐ Add cubed butter to flour mixture; toss to coat and rub in with fingertips until mixture resembles coarse meal.
- ☐ Whisk 3/4 cup mashed sweet potatoes and buttermilk in medium bowl.
- ☐ Add to flour mixture; toss with fork. Gather mixture in bowl, kneading until dough comes together. Turn dough out onto floured work surface and pat into 1-inch-thick round. Using 1 1/2-inch round biscuit cutter, cut out biscuits, flouring cutter after each cut. Gather scraps; pat into 1-inch-thick round.
- ☐ Cut out additional biscuits (do not reuse scraps more than once).
- ☐ Arrange biscuits side by side in prepared cake pan.
- ☐ Brush with melted butter.
- ☐ Bake until puffed and golden on top and tester inserted into center biscuit comes out clean, about 22 minutes. Cool 10 minutes in pan. Turn biscuits out and gently pull them apart.

- ☐ Cut each biscuit in half crosswise.
- ☐ Spread bottom half of each biscuit withmustard, then top each with sliced hamand second half of biscuit.
- ☐ Serve with honey.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:12.57, Glycemic Load:8, Inflammation Score:-9, Nutrition Score:5.3500000057013%

Nutrients (% of daily need)

Calories: 111.86kcal (5.59%), Fat: 4.14g (6.37%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.6g (5.67%), Sugar: 7.59g (8.43%), Cholesterol: 13.66mg (4.55%), Sodium: 292.14mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin A: 2737.59IU (54.75%), Manganese: 0.15mg (7.74%), Selenium: 4.92µg (7.03%), Vitamin B1: 0.09mg (6.3%), Folate: 17.62µg (4.41%), Vitamin B2: 0.07mg (4.16%), Iron: 0.75mg (4.14%), Calcium: 38.77mg (3.88%), Vitamin B3: 0.76mg (3.81%), Fiber: 0.92g (3.66%), Phosphorus: 35.07mg (3.51%), Vitamin C: 2.73mg (3.3%), Potassium: 110.79mg (3.17%), Vitamin B6: 0.05mg (2.47%), Magnesium: 8.71mg (2.18%), Copper: 0.04mg (2.13%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.23mg (1.51%), Zinc: 0.17mg (1.13%)