



## Sweet Potato-Butter Pecan Biscuits

READY IN



98 min.

SERVINGS



9

CALORIES



349 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter cold cut into pieces
- 1 tablespoon butter
- 2 tablespoons butter melted
- 2.3 cups flour all-purpose
- 2 tablespoons brown sugar light
- 2 tablespoons maple syrup
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

- 0.5 cup cup heavy whipping cream sour
- 8 ounces sweet potatoes and into

## Equipment

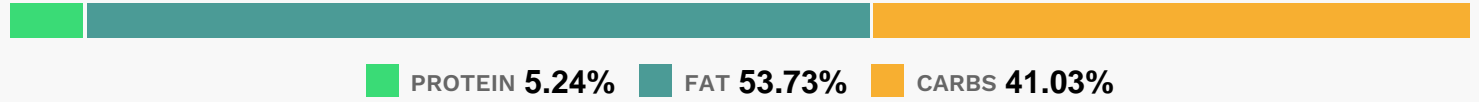
- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- aluminum foil
- microwave

## Directions

- Scrub sweet potato; wrap in aluminum foil.
- Bake at 350 for 45 minutes to 1 hour. Cool completely. Scoop out pulp, and mash to equal 3/4 cup. Set aside.
- Melt 1 tablespoon butter in a small skillet over medium heat.
- Add pecans; cook, stirring constantly, 6 minutes or until toasted.
- Remove from heat; cool completely.
- Combine flour, baking powder, and salt in a large bowl.
- Cut 1/2 cup butter into flour mixture with a pastry blender until crumbly; stir in pecans.
- Combine 3/4 cup mashed sweet potato, sour cream, brown sugar, and maple syrup; add to flour mixture, stirring just until dry ingredients are moistened.
- Turn dough out onto a heavily floured surface; knead 6 to 8 times, and pat into a 7" square (3/4" thick).
- Cut dough into 9 squares; place squares 2" apart on a lightly greased baking sheet.
- Bake at 425 for 15 minutes or until lightly browned.
- Brush with melted butter.

- Serve warm.
- Fix it Faster: Pierce sweet potato skin with a knife, and microwave potato on HIGH 3 to 5 minutes; let stand 5 minutes after cooking.
- Bake or microwave sweet potato up to a day ahead, and mash. Chill overnight.

## Nutrition Facts



### Properties

Glycemic Index:41.28, Glycemic Load:21.22, Inflammation Score:-10, Nutrition Score:11.999130274938%

### Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

### Nutrients (% of daily need)

Calories: 349.32kcal (17.47%), Fat: 21.16g (32.55%), Saturated Fat: 10.06g (62.87%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 34.17g (12.43%), Sugar: 7.07g (7.86%), Cholesterol: 41.34mg (13.78%), Sodium: 405.88mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin A: 4106.6IU (82.13%), Manganese: 0.66mg (32.82%), Vitamin B1: 0.31mg (20.76%), Selenium: 11.64µg (16.63%), Folate: 62.57µg (15.64%), Vitamin B2: 0.26mg (15.38%), Calcium: 119.12mg (11.91%), Iron: 1.94mg (10.78%), Phosphorus: 105.53mg (10.55%), Vitamin B3: 2.08mg (10.41%), Fiber: 2.18g (8.73%), Copper: 0.16mg (7.98%), Magnesium: 23.68mg (5.92%), Potassium: 177.43mg (5.07%), Vitamin B5: 0.46mg (4.56%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.09mg (4.3%), Vitamin E: 0.63mg (4.2%), Vitamin K: 2.05µg (1.95%)