

Teddy Bear Biscuits

 Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



328 kcal

DESSERT

Ingredients

- 7.5 ounces biscuits refrigerated (10 biscuits)
- 1 eggs lightly beaten
- 0.3 teaspoon ground cinnamon
- 9 semisweet chocolate chips miniature
- 2 tablespoons sugar

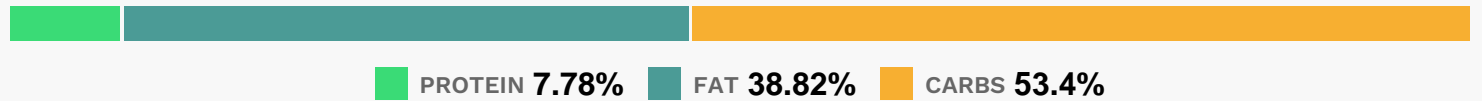
Equipment

- baking sheet
- oven

Directions

- For each bear, shape one biscuit into an oval for the body and place on a greased baking sheet.
- Cut one biscuit into four pieces; shape into balls for arms and legs.
- Place next to body.
- Cut one biscuit into two small pieces and one large pieces; shape into head and ears and place above body.
- Brush with egg.
- Combine sugar and cinnamon; sprinkle over bears.
- Bake at 425° for 8–10 minutes (the one remaining biscuit can be baked with the bears) or until golden brown.
- Place chocolate chips on head for eyes and nose while the biscuits are still warm.

Nutrition Facts



Properties

Glycemic Index:46.7, Glycemic Load:27.33, Inflammation Score:-3, Nutrition Score:9.1895650007317%

Nutrients (% of daily need)

Calories: 328.24kcal (16.41%), Fat: 14.27g (21.95%), Saturated Fat: 2.89g (18.03%), Carbohydrates: 44.15g (14.72%), Net Carbohydrates: 42.9g (15.6%), Sugar: 11.61g (12.9%), Cholesterol: 55.45mg (18.48%), Sodium: 688.85mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Phosphorus: 341.7mg (34.17%), Selenium: 18.13µg (25.9%), Vitamin B1: 0.31mg (20.63%), Manganese: 0.35mg (17.56%), Vitamin B2: 0.28mg (16.3%), Iron: 2.8mg (15.57%), Folate: 56.51µg (14.13%), Vitamin B3: 2.41mg (12.07%), Vitamin E: 1.11mg (7.41%), Potassium: 196.89mg (5.63%), Copper: 0.11mg (5.4%), Fiber: 1.25g (5%), Magnesium: 19.19mg (4.8%), Calcium: 46.55mg (4.66%), Vitamin B5: 0.45mg (4.47%), Zinc: 0.61mg (4.08%), Vitamin B12: 0.24µg (3.92%), Vitamin K: 3.22µg (3.06%), Vitamin B6: 0.06mg (2.98%), Vitamin D: 0.29µg (1.96%), Vitamin A: 82.61IU (1.65%)