



## Tender Potato Biscuits

READY IN



30 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

### Ingredients

- 2 tablespoons double-acting baking powder
- 0.3 cup butter
- 1 eggs beaten
- 2.5 cups flour all-purpose
- 0.3 cup milk
- 1.5 cups potatoes leftover mashed
- 1 teaspoon salt
- 0.3 cup sugar
- 0.3 cup water cold

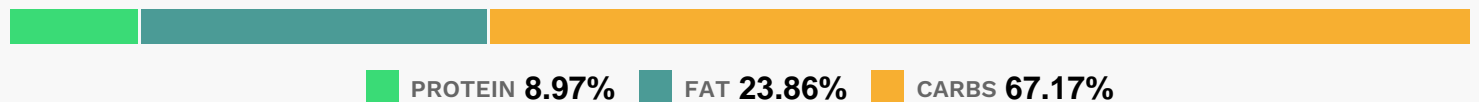
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- In a medium bowl, stir together the flour, baking powder, salt, and sugar.
- Cut in butter, until pieces of butter are no larger than peas. Use a fork to stir in mashed potatoes, breaking them up into chunks. Make a well in the mixture, and pour in egg, water and milk. Stir into a loose dough using the fork.
- Turn dough out onto a floured surface, and knead for 6 or 8 times so the dough holds together. Pat the dough out to about 3/4 inch thickness, and cut into circles with a biscuit cutter or drinking glass.
- Place biscuits onto an ungreased baking sheet.
- Brush the tops with 2 tablespoons milk.
- Bake for 15 to 20 minutes in the preheated oven, or until bottoms are golden.

## Nutrition Facts



## Properties

Glycemic Index:44.86, Glycemic Load:31.9, Inflammation Score:-5, Nutrition Score:9.6265217946923%

## Flavonoids

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 263.13kcal (13.16%), Fat: 7g (10.76%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 42.39g (15.42%), Sugar: 7.16g (7.95%), Cholesterol: 21.68mg (7.23%), Sodium: 690.95mg (30.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin B1: 0.35mg (23.12%), Selenium: 15.29µg

(21.84%), Calcium: 205.12mg (20.51%), Folate: 80.44µg (20.11%), Manganese: 0.33mg (16.5%), Phosphorus: 153.15mg (15.32%), Vitamin B2: 0.25mg (14.62%), Iron: 2.55mg (14.18%), Vitamin B3: 2.74mg (13.69%), Vitamin C: 7.77mg (9.42%), Fiber: 1.93g (7.71%), Vitamin B6: 0.15mg (7.48%), Potassium: 234.17mg (6.69%), Vitamin A: 300.7IU (6.01%), Copper: 0.11mg (5.27%), Magnesium: 20.66mg (5.16%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.5mg (3.35%), Vitamin E: 0.31mg (2.07%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.22µg (1.48%)