



Sweet Potato Biscuits

Ingredients

1 potato(es), sweet
2 tablespoon margarine
1 tablespoon sugar, brown
2 cup(s) flour, all-purpose
2 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup(s) buttermilk
2 tablespoon nuts, pecans, toasted

Preparation

1. Preheat the oven to 400 degrees F. Combine the sweet potato, margarine, and brown sugar in a bowl and beat well. In a separate bowl, combine the flour, baking powder, and baking soda. Add the buttermilk. Combine the sweet potato and flour mixtures. Fold in the pecans.
2. Turn the dough out on a lightly floured surface. Knead only for 8 strokes. Roll the dough out to 1/2-inch thickness. Cut with the floured rim of a glass or use a floured biscuit cutter. Place on an ungreased cookie sheet and bake for 16- 18 minutes until tops are browned and biscuits are flaky.

Quick Info:

24 Servings



Contains Nuts



Vegetarian



Diabetes-Friendly

Nutritional Info (Per serving):

Calories: 57, Saturated Fat: 0g, Sodium: 73mg, Dietary Fiber: 0g, Total Fat: 1g, Carbs: 10g, Sugars: 2g, Cholesterol: 0mg, Protein: 1g

Exchanges: Starch: 0.5

Carb Choices: 0.5

Recipe Source:

Reproduced with permission
from "ADA Cookbooks"©
American Diabetes Association ®



Copyright © 2013 Everyday Health Media, LLC

The material on this web site is provided for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. [See additional information.](#) Use of this site is subject to our [terms of service](#) and [privacy policy](#).