

Funny Bis-Ness

Target Stores Ad

Food Network Magazine - Nov 2013

Yield: 12 biscuits

2 1/4 cups Original Bisquick Mix

1/3 cup milk

1/3 cup orange juice

2 tablespoons sugar

1 teaspoon orange zest

1 cup fresh or frozen cranberries

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

In a medium bowl, stir all of the ingredients just until soft dough forms.

Drop twelve spoonfuls onto a cookie sheet. Sprinkle with additional sugar, if desired.

Bake for 8 to 10 minutes until golden brown.

Serve warm.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 185 Calories; 3g Fat (13.5% calories from fat); 3g Protein; 38g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 41mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	185	Vitamin B6 (mg):	.1mg
% Calories from Fat:	13.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	79.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	50mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	11mg	% Refuse:	0.0%
Carbohydrate (g):	38g		

Food Exchanges

