## **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

Carbohydrate (g):

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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):		Niacin (mg):	trace
107	2g	Caffeine (mg):	0mg
Monounsaturated Fat (g):	1g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	trace	% Dofuso	በ በ%
Cholesterol (mg):	11mg		

38g

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	41mg	Vegetable:	0
Potassium (mg):	290mg	Fruit:	1/2
Calcium (mg):	109mg	Non-Fat Milk:	1/2
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	44mg		
Vitamin A (i.u.):	274IU		
Vitamin A (r.e.):	72 1/2RE		

## **Nutrition Facts**

Amount Per Serving				
Calories 185	Calories from Fat: 25			
	% Daily Values*			
Total Fat 3g Saturated Fat 2g Cholesterol 11mg Sodium 41mg Total Carbohydrates 38g Dietary Fiber trace Protein 3g	4% 8% 4% 2% 13% 1%			
Vitamin A Vitamin C Calcium Iron	5% 74% 11% 1%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.