



Apple Pear Salted Caramel Scones

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup sugar
- ☐ 2 tablespoons plus light
- ☐ 2 tablespoons water
- ☐ 0.3 teaspoon juice of lemon
- ☐ 0.5 cup whipping cream
- ☐ 0.5 teaspoon vanilla
- ☐ 1 tablespoon butter unsalted softened
- ☐ 0.3 cup sugar

- ☐ 0.3 cup butter unsalted cold cut into small pieces
- ☐ 1 cup apples peeled chopped
- ☐ 1 cup pears peeled chopped
- ☐ 0.5 cup whipping cream
- ☐ 1 eggs
- ☐ 1 serving sea salt for sprinkling
- ☐ 3.3 cups frangelico

Equipment

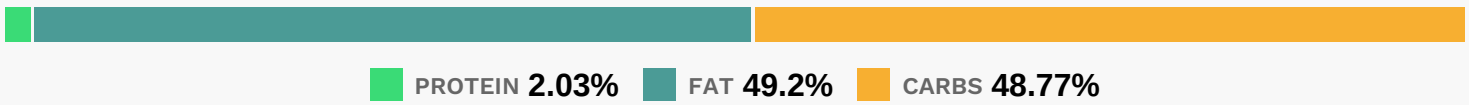
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ To make Caramel Sauce: In large microwavable glass bowl, beat 1 cup sugar, the corn syrup, water and lemon juice. Microwave uncovered on High 5 to 7 minutes or until mixture turns a light golden color.
- ☐ Transfer to cooling rack for 5 minutes.
- ☐ Meanwhile, in small microwavable bowl, microwave whipping cream uncovered on High about 30 seconds or until warm. Slowly pour on top of sauce in large bowl, beating constantly with whisk.
- ☐ Add vanilla and 1 tablespoon butter; beat to combine. Cool completely before using.
- ☐ Heat oven to 425°F. Spray cookie sheet with cooking spray.
- ☐ In large bowl, mix Bisquick mix and 1/4 cup sugar.

- ☐ Cut in 1/4 cup butter, using pastry blender, until mixture looks like coarse crumbs. Stir in chopped apple and pear.
- ☐ In small bowl, beat whipping cream and egg with whisk. Stir cream mixture into Bisquick mixture with wooden spoon until dough forms.
- ☐ Transfer dough to work surface lightly sprinkled with extra Bisquick mix. Knead until dough comes together (about 5 to 6 turns). Divide dough in half, then shape each half into 6-inch circle.
- ☐ Cut each circle into 6 wedges.
- ☐ Transfer wedges to cookie sheet.
- ☐ Bake 11 to 15 minutes or until golden brown.
- ☐ Transfer to cooling rack to cool slightly.
- ☐ Drizzle tops with caramel sauce; sprinkle with sea salt.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.99, Glycemic Load:16.06, Inflammation Score:-3, Nutrition Score:1.8826087169025%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 219.1kcal (10.96%), Fat: 12.4g (19.08%), Saturated Fat: 7.71g (48.19%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 27g (9.82%), Sugar: 26.62g (29.58%), Cholesterol: 48.73mg (16.24%), Sodium: 30.22mg (1.31%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 1.15g (2.3%), Vitamin A: 467.67IU (9.35%), Vitamin B2:

0.07mg (3.9%), Vitamin D: 0.48µg (3.19%), Selenium: 1.94µg (2.78%), Fiber: 0.67g (2.66%), Vitamin E: 0.39mg (2.62%), Phosphorus: 22.95mg (2.3%), Calcium: 19.19mg (1.92%), Vitamin K: 1.88µg (1.79%), Potassium: 52.84mg (1.51%), Vitamin C: 1.22mg (1.47%), Vitamin B5: 0.13mg (1.26%), Vitamin B12: 0.07µg (1.24%), Vitamin B6: 0.02mg (1.08%), Copper: 0.02mg (1.08%)