



Apricot-Orange Scones



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.5 cup apricot dried finely chopped
- ☐ 2 teaspoons orange zest grated
- ☐ 1 eggs beaten
- ☐ 0.5 cup whipping cream
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons almonds sliced
- ☐ 2 cups frangelico

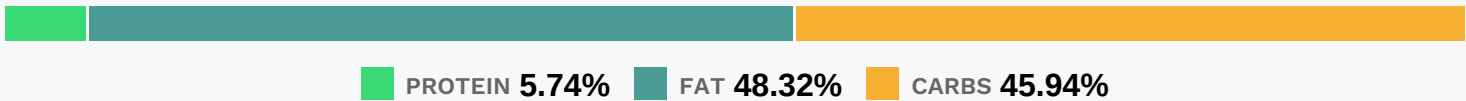
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray cookie sheet with cooking spray. In large bowl, stir Bisquick mix, 1/4 cup sugar, the apricots and orange peel until mixed. Reserve 1 tablespoon of the egg. Stir in remaining egg and the whipping cream until soft dough forms.
- ☐ Place dough on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Shape into a ball; knead 10 times. On cookie sheet, press or roll dough into 8-inch round.
- ☐ Brush with reserved egg.
- ☐ Sprinkle with 2 tablespoons sugar and the almonds.
- ☐ Cut into 8 wedges, but do not separate.
- ☐ Bake 12 to 15 minutes or until edges are golden brown.
- ☐ Let stand 5 minutes. Carefully separate wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.95, Glycemic Load:7.98, Inflammation Score:-4, Nutrition Score:2.9304347815721%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.59kcal (6.43%), Fat: 7.21g (11.1%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 14.47g (5.26%), Sugar: 14.13g (15.7%), Cholesterol: 37.27mg (12.42%), Sodium: 12.77mg (0.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 543.31IU (10.87%), Vitamin E: 1.19mg (7.92%), Vitamin B2: 0.09mg (5.28%), Manganese: 0.08mg (3.91%), Potassium: 135.54mg (3.87%), Fiber: 0.96g (3.83%), Phosphorus: 37.42mg (3.74%), Selenium: 2.48µg (3.54%), Copper: 0.06mg (3.02%), Magnesium: 11.16mg (2.79%), Calcium: 24.99mg (2.5%), Iron: 0.43mg (2.38%), Vitamin D: 0.35µg (2.32%), Vitamin B5: 0.18mg (1.78%), Vitamin B3: 0.32mg (1.6%), Vitamin B6: 0.03mg (1.52%), Zinc: 0.22mg (1.46%), Folate: 5.24µg (1.31%), Vitamin B12: 0.07µg (1.21%), Vitamin C: 0.85mg (1.03%)