

Apricot Scones

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



8

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup apricot dried finely chopped
- 3 tablespoons sugar
- 0.3 cup whipping cream (heavy)
- 1 eggs
- 2 tablespoons milk
- 2 tablespoons sugar
- 2 cups frangelico

Equipment

baking sheet

oven

Directions

Heat oven to 425°F. Grease cookie sheet.

Mix Bisquick, apricots, 3 tablespoons sugar, the whipping cream and egg until soft dough forms. Turn dough onto surface dusted with Bisquick; roll in Bisquick to coat. Shape into ball; knead 10 times.

Pat dough into 8-inch circle on cookie sheet (if dough is sticky, dip fingers into Bisquick).

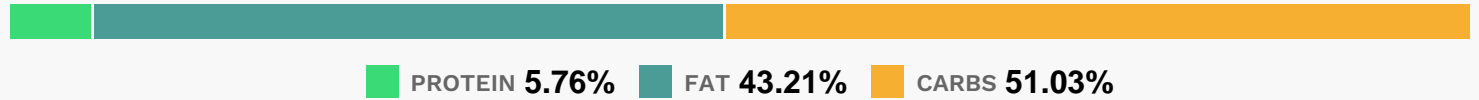
Brush dough with milk; sprinkle with 2 tablespoons sugar.

Cut into 8 wedges but do not separate.

Bake about 12 minutes or until golden brown; carefully separate wedges.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.45, Glycemic Load:6.3, Inflammation Score:-2, Nutrition Score:1.6821739148834%

Nutrients (% of daily need)

Calories: 85.76kcal (4.29%), Fat: 4.27g (6.58%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.96g (3.99%), Sugar: 10.87g (12.08%), Cholesterol: 32.12mg (10.71%), Sodium: 12.53mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin A: 376.77IU (7.54%), Vitamin B2: 0.05mg (3.2%), Selenium: 2.22µg (3.17%), Vitamin E: 0.39mg (2.57%), Potassium: 85.62mg (2.45%), Phosphorus: 24.27mg (2.43%), Vitamin D: 0.31µg (2.07%), Calcium: 17.29mg (1.73%), Fiber: 0.4g (1.58%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.09µg (1.42%), Iron: 0.25mg (1.41%), Copper: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.14%)