



Banana-Toffee Drop Scones

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup toffee chips
- ☐ 0.3 cup sugar
- ☐ 0.3 cup whipping cream
- ☐ 0.5 teaspoon vanilla
- ☐ 1 eggs
- ☐ 0.8 cup banana ripe mashed (2 medium)
- ☐ 1 tablespoon milk
- ☐ 2 tablespoons sugar

☐ 2.5 cups frangelico

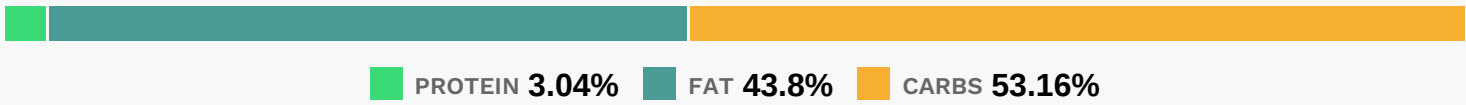
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray 2 cookie sheets with cooking spray.
- ☐ In large bowl, stir Bisquick mix, toffee bits, 1/4 cup sugar, the whipping cream, vanilla, egg and bananas until soft dough forms.
- ☐ Drop dough by 10 heaping tablespoonfuls onto cookie sheets (5 per cookie sheet).
- ☐ Brush tops with milk; sprinkle with 2 tablespoons sugar. Refrigerate second cookie sheet while first cookie sheet bakes.
- ☐ Bake 11 to 13 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:10.34, Inflammation Score:-2, Nutrition Score:1.4721739058909%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg 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: 132.75kcal (6.64%), Fat: 6.55g (10.08%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.59g (6.4%), Sugar: 16.55g (18.39%), Cholesterol: 35.57mg (11.86%), Sodium: 24.6mg (1.07%), Alcohol: 0.07g (100%), Alcohol %: 0.2% (100%), Protein: 1.02g (2.04%), Vitamin A: 257.13IU (5.14%), Vitamin B2: 0.05mg (3.01%), Vitamin B6: 0.05mg (2.64%), Selenium: 1.81µg (2.58%), Phosphorus: 19.95mg (2%), Potassium: 60.73mg (1.74%), Manganese: 0.03mg (1.64%), Vitamin E: 0.22mg (1.49%), Vitamin B5: 0.14mg (1.42%), Vitamin D:

0.2µg (1.33%), Calcium: 12.92mg (1.29%), Vitamin C: 1.04mg (1.26%), Folate: 4.79µg (1.2%), Fiber: 0.29g (1.17%),
Magnesium: 4.66mg (1.16%), Vitamin B12: 0.07µg (1.16%)