



Bisquick Heart Smart® Chocolate Chip Scones

 Low Fod Map

READY IN



35 min.

SERVINGS



12

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 cups baking mix bisquick heart smart®
- 5 tablespoons sugar
- 0.5 teaspoon ground cinnamon
- 2 tablespoons butter cold
- 0.7 cup skim milk fat-free
- 2 tablespoons semisweet chocolate chips miniature
- 1 eggs separated
- 1 tablespoon skim milk fat-free

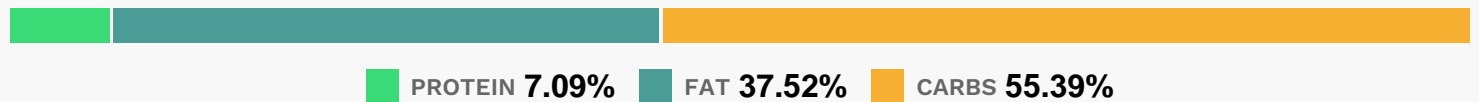
Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- aluminum foil

Directions

- Heat oven to 400°F. Line cookie sheet with foil.
- In large bowl, stir together Bisquick mix, 1/4 cup of the sugar and the cinnamon.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse meal.
- Add 2/3 cup half-and-half, the chocolate chips and egg white; stir just until dry ingredients are moistened. Drop dough by 1/4 cupfuls onto cookie sheet; place in freezer 5 minutes.
- In small bowl, beat egg yolk and 1 tablespoon half-and-half; brush over tops of scones.
- Sprinkle with remaining 1 tablespoon sugar.
- Bake 12 minutes or until golden. Immediately remove from cookie sheet to cooling rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:3.49, Inflammation Score:-2, Nutrition Score:5.2217391360065%

Nutrients (% of daily need)

Calories: 192.57kcal (9.63%), Fat: 8.02g (12.34%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 25.78g (9.37%), Sugar: 10.12g (11.25%), Cholesterol: 20.12mg (6.71%), Sodium: 417.68mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Phosphorus: 211.47mg (21.15%), Vitamin B1: 0.18mg

(12.2%), Vitamin B2: 0.18mg (10.88%), Folate: 39.87µg (9.97%), Manganese: 0.15mg (7.54%), Calcium: 72.51mg (7.25%), Vitamin B3: 1.41mg (7.03%), Iron: 1.06mg (5.89%), Selenium: 4.06µg (5.79%), Copper: 0.08mg (4.13%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.23µg (3.88%), Magnesium: 14.67mg (3.67%), Fiber: 0.87g (3.49%), Potassium: 98.54mg (2.82%), Zinc: 0.41mg (2.75%), Vitamin K: 2.36µg (2.24%), Vitamin B6: 0.04mg (1.95%), Vitamin A: 86.96IU (1.74%), Vitamin E: 0.15mg (1.03%)