



Blueberry Scones

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup blueberries dried
- 0.5 cup granulated sugar
- 0.3 cup butter cold
- 6 oz vanilla yogurt french yoplait®
- 1 teaspoon almond extract
- 1 teaspoon vanilla
- 1 eggs beaten
- 1 tablespoon whipping cream

- 1 tablespoon sugar raw (sugar)
- 2.8 cups frangelico

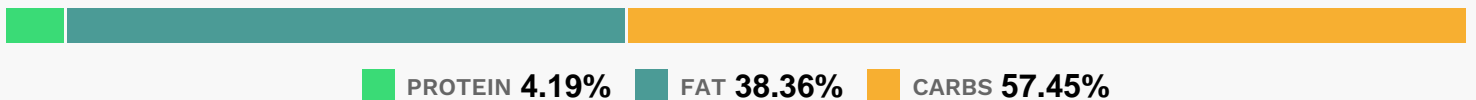
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- wire rack
- blender

Directions

- Heat oven to 425°F. Line cookie sheet with cooking parchment paper. In large bowl, stir Bisquick mix, blueberries and granulated sugar.
- Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs.
- In small bowl, mix yogurt, almond extract, vanilla and egg until blended. Stir into crumb mixture with fork just until dough forms.
- Divide dough in half. With hands sprinkled with Bisquick mix, shape dough into 2 (6-inch) rounds about 3 inches apart on cookie sheet.
- Brush with whipping cream; sprinkle with coarse sugar. Using knife sprayed with cooking spray, cut each round into 6 wedges, but do not separate.
- Bake 13 to 15 minutes or until golden brown. Cool 2 minutes; remove from cookie sheet to cooling rack. Carefully separate wedges with knife.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:1.7178260855701%

Nutrients (% of daily need)

Calories: 151.41kcal (7.57%), Fat: 6.45g (9.93%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 20.07g (7.3%), Sugar: 18.4g (20.45%), Cholesterol: 29.32mg (9.77%), Sodium: 58.95mg (2.56%), Alcohol: 0.23g (100%), Alcohol %: 0.6% (100%), Protein: 1.58g (3.17%), Fiber: 1.67g (6.67%), Vitamin A: 201.85IU (4.04%), Potassium: 140.25mg (4.01%), Calcium: 35.57mg (3.56%), Vitamin B2: 0.05mg (3.06%), Phosphorus: 28.68mg (2.87%), Selenium: 1.97µg (2.82%), Vitamin B12: 0.12µg (2.01%), Iron: 0.33mg (1.81%), Vitamin B5: 0.14mg (1.45%), Vitamin E: 0.2mg (1.33%), Zinc: 0.18mg (1.17%)