

Carrot Scones

READY IN



48 min.

SERVINGS



12

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 6 oz cream cheese softened
- 0.5 cup cream cheese frosting
- 1 eggs
- 0.5 cup raisins
- 3 tablespoons vegetable oil
- 0.5 cup walnuts
- 1 box duncan hines classic decadent cake mix

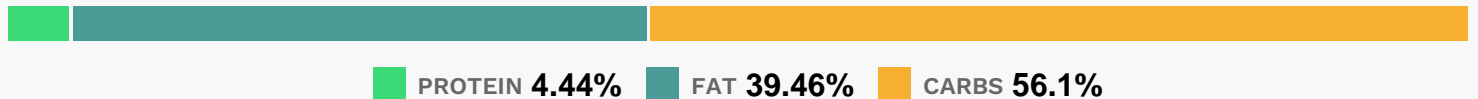
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- microwave

Directions

- Heat oven to 400F (375F for dark or nonstick pan). Grease cookie sheet, or spray with baking spray with flour.
- In large bowl, cut cream cheese into dry cake mix, using fork, until mixture looks like fine crumbs. Stir in oil, egg, walnuts and raisins until soft dough forms. Knead 6 times on well-floured surface.
- Divide dough in half; shape each half into a ball. Press dough into 3/4-inch-thick circle (about 6 1/2 inches in diameter).
- Cut each into 6 wedges with lightly floured knife.
- Place 1 inch apart on cookie sheet.
- Bake 15 to 19 minutes or until edges just begin to brown.
- Remove from cookie sheet. Cool 10 minutes. In small microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds.
- Drizzle frosting over scones.
- Serve warm. Store covered.

Nutrition Facts



Properties

Glycemic Index:8.82, Glycemic Load:2.83, Inflammation Score:-3, Nutrition Score:6.1573913084424%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 353.74kcal (17.69%), Fat: 15.88g (24.43%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 49.59g (18.03%), Sugar: 27.8g (30.89%), Cholesterol: 27.96mg (9.32%), Sodium: 377.13mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Phosphorus: 189.44mg (18.94%), Manganese: 0.28mg (13.77%), Calcium: 117.05mg (11.7%), Vitamin B2: 0.16mg (9.53%), Folate: 38.12µg (9.53%), Selenium: 6.4µg (9.14%), Vitamin B1: 0.12mg (8.11%), Vitamin K: 7.86µg (7.48%), Copper: 0.14mg (6.93%), Iron: 1.24mg (6.9%), Vitamin B3: 1.17mg (5.84%), Vitamin E: 0.85mg (5.65%), Fiber: 1.21g (4.85%), Vitamin A: 211.14IU (4.22%), Magnesium: 16.25mg (4.06%), Potassium: 126.78mg (3.62%), Zinc: 0.48mg (3.2%), Vitamin B6: 0.06mg (3.19%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.06µg (1.06%)