



Chocolate-Almond Scones

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



8

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup sugar
- 0.3 cup cocoa powder
- 0.5 cup yogurt plain low-fat
- 1 teaspoon almond extract
- 1 eggs
- 2.3 cups frangelico

Equipment

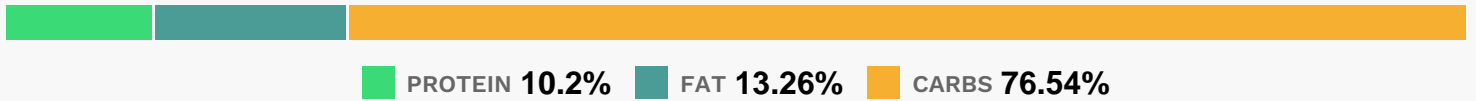
- bowl

- baking sheet
- oven
- knife

Directions

- Heat oven to 425°F.
- Mix Bisquick, sugar and cocoa in medium bowl. Stir in yogurt, almond extract and egg until soft dough forms. Turn dough onto surface dusted with Bisquick; roll in Bisquick to coat. Shape into ball; knead 10 times.
- Place dough on ungreased cookie sheet; pat into 8-inch circle.
- Brush with additional yogurt if desired.
- Cut into 8 wedges with floured knife, but do not separate.
- Bake about 12 minutes or until set. Carefully separate wedges.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:2.2995652005724%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 73.2kcal (3.66%), Fat: 1.17g (1.8%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.19g (5.16%), Sugar: 13.68g (15.2%), Cholesterol: 21.38mg (7.13%), Sodium: 19.26mg (0.84%), Alcohol: 0.17g (100%), Alcohol %: 0.6% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.02g (4.05%), Copper: 0.11mg (5.45%), Manganese: 0.11mg (5.35%), Phosphorus: 52.7mg (5.27%), Magnesium: 16.73mg (4.18%), Fiber: 0.99g (3.98%), Vitamin B2: 0.07mg (3.95%), Selenium: 2.65µg (3.79%), Calcium: 34.72mg (3.47%), Iron: 0.49mg (2.72%), Zinc: 0.39mg (2.61%), Potassium: 85.26mg (2.44%), Vitamin B12: 0.13µg (2.25%), Vitamin B5: 0.18mg (1.82%), Folate: 5.13µg (1.28%), Vitamin B6: 0.02mg (1.01%)