



Chocolate Chip Scones

 **Gluten Free**

READY IN



22 min.

SERVINGS



8

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup semi chocolate chips
- 0.3 cup whipping cream (heavy)
- 3 tablespoons sugar
- 1 eggs
- 1 teaspoon vanilla
- 1 serving whipping cream (heavy)
- 1 serving p of sugar
- 2 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Heat oven to 425°F. Spray cookie sheet with cooking spray or grease with shortening. Stir Bisquick mix, chocolate chips, 1/3 cup whipping cream, 3 tablespoons sugar, the egg and vanilla in medium bowl until soft dough forms.
- Pat into 8-inch circle on cookie sheet (if dough is sticky, dip fingers in Bisquick mix).
- Brush circle with additional whipping cream; sprinkle with additional sugar.
- Dip a knife in flour before cutting the scones to prevent the dough from sticking to the knife.
- Cut dough into 8 equal wedges, cutting into, but not through, the dough. This allows the wedges to bake as one large scone; they'll be moister than scones baked separately.
- Bake until golden brown.
- Bake about 12 minutes or until golden brown; carefully separate.
- Serve warm.

Nutrition Facts



PROTEIN 5.18% **FAT 61.81%** **CARBS 33.01%**

Properties

Glycemic Index:8.76, Glycemic Load:3.14, Inflammation Score:-2, Nutrition Score:2.6991304509018%

Nutrients (% of daily need)

Calories: 131.86kcal (6.59%), Fat: 9.1g (14.01%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.04g (3.65%), Sugar: 9.05g (10.05%), Cholesterol: 34.46mg (11.49%), Sodium: 12.21mg (0.53%), Alcohol: 0.17g (100%), Alcohol %: 0.65% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.72g (3.43%), Manganese: 0.15mg (7.6%), Copper: 0.15mg (7.32%), Magnesium: 21.35mg (5.34%), Phosphorus: 47.01mg (4.7%), Iron: 0.82mg (4.57%), Selenium: 3.01µg (4.31%), Vitamin A: 208.66IU (4.17%), Fiber: 0.9g (3.6%), Vitamin B2: 0.05mg (3.19%), Zinc:

0.4mg (2.66%), Potassium: 83.41mg (2.38%), Vitamin D: 0.3µg (1.99%), Calcium: 17.94mg (1.79%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.09µg (1.47%), Vitamin K: 1.2µg (1.15%)