



## Chocolate Chip Scones

READY IN



35 min.

SERVINGS



1

CALORIES



2762 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 3 cups baking mix low-fat reduced-fat (such as Bisquick)
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.5 cup currants chopped
- ☐ 1 large eggs separated
- ☐ 0.7 cup half-and-half fat-free
- ☐ 1 tablespoon half-and-half fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup powdered sugar
- ☐ 2 tablespoons semisweet chocolate minichips

- ☐ 5 tablespoons sugar divided
- ☐ 1.5 teaspoons water
- ☐ 2 tablespoons water

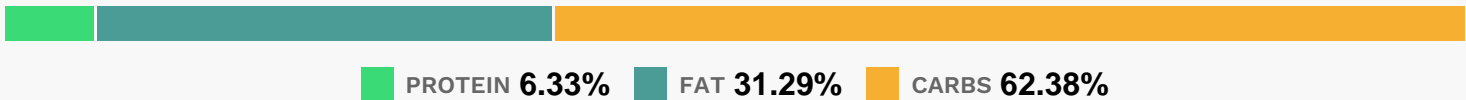
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

## Directions

- ☐ Preheat oven to 40
- ☐ Combine 1/2 cup currants and 2 tablespoons water in a microwave-safe bowl. Microwave at HIGH for 45 seconds, stirring every 15 seconds. Cool 10 minutes (do not drain).
- ☐ Combine baking mix, 1/4 cup sugar, and cinnamon in a large bowl.
- ☐ Cut in butter with 2 knives until mixture resembles coarse meal.
- ☐ Add currants, 2/3 cup half-and-half, chips, and egg white; stir until just moist. Drop dough by 1/4 cupfuls onto a foil-lined baking sheet; place pan in freezer 5 minutes.
- ☐ Combine egg yolk and 1 tablespoon half-and-half; brush over tops and sprinkle with 1 tablespoon sugar.
- ☐ Bake at 400 for 12 minutes or until golden. Cool on a rack.
- ☐ Combine powdered sugar and 1 1/2 teaspoons water; drizzle over scones.

## Nutrition Facts



## Properties

Glycemic Index:150.09, Glycemic Load:54.98, Inflammation Score:-9, Nutrition Score:56.42217379031%

Nutrients (% of daily need)

Calories: 2761.64kcal (138.08%), Fat: 97.01g (149.24%), Saturated Fat: 38.26g (239.13%), Carbohydrates: 435.16g (145.05%), Net Carbohydrates: 421.53g (153.28%), Sugar: 225.05g (250.06%), Cholesterol: 263.79mg (87.93%), Sodium: 5054.67mg (219.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.43mg (8.48%), Protein: 44.14g (88.28%), Phosphorus: 2620.75mg (262.08%), Vitamin B1: 2.31mg (154.19%), Vitamin B2: 2.36mg (138.8%), Folate: 488.49µg (122.12%), Manganese: 2.15mg (107.52%), Calcium: 938.6mg (93.86%), Vitamin B3: 18.04mg (90.21%), Iron: 14.22mg (79.02%), Selenium: 51.37µg (73.38%), Copper: 1.22mg (60.97%), Fiber: 13.62g (54.5%), Magnesium: 203.08mg (50.77%), Potassium: 1751.36mg (50.04%), Vitamin B5: 4.9mg (48.95%), Vitamin B12: 2.85µg (47.43%), Zinc: 5.31mg (35.4%), Vitamin B6: 0.69mg (34.55%), Vitamin K: 30.67µg (29.21%), Vitamin A: 1128.52IU (22.57%), Vitamin E: 1.99mg (13.26%), Vitamin C: 5.71mg (6.92%), Vitamin D: 1µg (6.67%)