



WHATSheATE



Cinnamon-Oat Scones

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup whipping cream
- ☐ 1 eggs
- ☐ 13.9 oz corn muffin mix quick
- ☐ 0.5 cup oats

Equipment

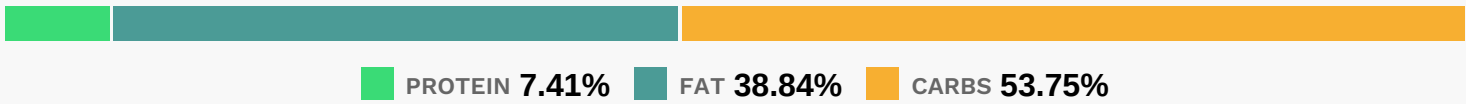
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Heat oven to 350°F. Spray large cookie sheet with cooking spray, or line with cooking parchment paper. In large bowl, stir whipping cream and egg until blended. Stir in muffin mix and 1/2 cup oats (dough will be sticky).
- ☐ On cookie sheet, shape dough into 8-inch round, about 1/2 inch thick, using floured fingers. Break up any lumps in streusel (from muffin mix); mix streusel and 2 tablespoons oats.
- ☐ Sprinkle streusel mixture over dough.
- ☐ Cut dough into 8 wedges; separate wedges slightly.
- ☐ Bake 25 to 35 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.94, Inflammation Score:-4, Nutrition Score:7.5313043872947%

Nutrients (% of daily need)

Calories: 283.14kcal (14.16%), Fat: 12.25g (18.85%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 34.47g (12.54%), Sugar: 10.55g (11.72%), Cholesterol: 38.25mg (12.75%), Sodium: 414.41mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Phosphorus: 283.6mg (28.36%), Manganese: 0.37mg (18.74%), Vitamin B1: 0.24mg (16.19%), Fiber: 3.68g (14.71%), Folate: 50.61µg (12.65%), Vitamin B2: 0.19mg (11.36%), Selenium: 6.62µg (9.45%), Iron: 1.58mg (8.76%), Vitamin B3: 1.7mg (8.51%), Magnesium: 27.21mg (6.8%), Vitamin A: 305.01IU (6.1%), Calcium: 43.36mg (4.34%), Vitamin B6: 0.08mg (4.13%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.55mg (3.66%), Copper: 0.07mg (3.31%), Vitamin K: 3.12µg (2.97%), Potassium: 95.52mg (2.73%), Vitamin D: 0.35µg (2.32%), Vitamin E: 0.31mg (2.06%), Vitamin B12: 0.12µg (1.95%)