



Cinnamon-Oat Scones (Lighter)

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup skim milk fat-free (skim)
- 1 egg whites
- 13.9 oz corn muffin mix quick
- 0.5 cup oats

Equipment

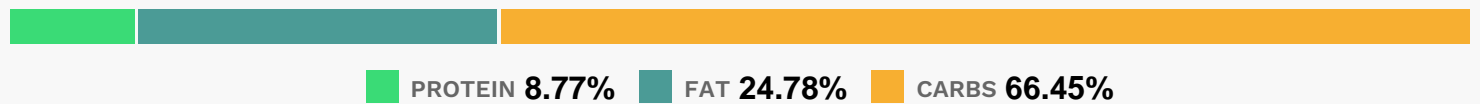
- bowl
- baking sheet
- baking paper

oven

Directions

- Heat oven to 350°F. Spray large cookie sheet with cooking spray, or line with cooking parchment paper. In large bowl, stir milk and egg white 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:12.28, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:7.0500000843211%

Nutrients (% of daily need)

Calories: 231.85kcal (11.59%), Fat: 6.38g (9.81%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 34.79g (12.65%), Sugar: 10.89g (12.1%), Cholesterol: 1.44mg (0.48%), Sodium: 415.09mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Phosphorus: 281.02mg (28.1%), Manganese: 0.37mg (18.7%), Vitamin B1: 0.25mg (16.43%), Fiber: 3.68g (14.71%), Folate: 47.89µg (11.97%), Vitamin B2: 0.18mg (10.39%), Vitamin B3: 1.71mg (8.55%), Iron: 1.47mg (8.16%), Selenium: 5.54µg (7.91%), Magnesium: 27.75mg (6.94%), Calcium: 50.93mg (5.09%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.33mg (3.34%), Copper: 0.06mg (3.09%), Potassium: 105.49mg (3.01%), Vitamin K: 2.63µg (2.5%), Vitamin B12: 0.14µg (2.28%), Vitamin A: 87.88IU (1.76%), Vitamin D: 0.17µg (1.12%)