



Cinnamon-Oat Scones (Lighter)

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

Equipment

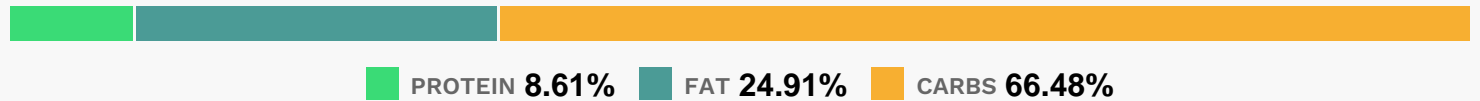
- bowl
- baking sheet
- baking paper

oven

Directions

- Heat oven to 350F. 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:7.531739126405%

Nutrients (% of daily need)

Calories: 251.11kcal (12.56%), Fat: 6.94g (10.67%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 37.69g (13.71%), Sugar: 11.83g (13.14%), Cholesterol: 1.54mg (0.51%), Sodium: 452.72mg (19.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Phosphorus: 303.55mg (30.36%), Manganese: 0.39mg (19.42%), Vitamin B1: 0.27mg (17.74%), Fiber: 3.98g (15.91%), Folate: 52.17µg (13.04%), Vitamin B2: 0.19mg (11.12%), Vitamin B3: 1.86mg (9.32%), Iron: 1.58mg (8.8%), Selenium: 5.8µg (8.28%), Magnesium: 28.86mg (7.21%), Calcium: 53.56mg (5.36%), Vitamin B6: 0.08mg (4.15%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.36mg (3.56%), Copper: 0.07mg (3.29%), Potassium: 110.69mg (3.16%), Vitamin K: 2.86µg (2.72%), Vitamin B12: 0.14µg (2.34%), Vitamin A: 93.18IU (1.86%), Vitamin D: 0.17µg (1.12%)