



Coconut, Pineapple and Macadamia Scones

 Gluten Free

READY IN



24 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter firm
- ☐ 0.5 cup coconut flakes flaked
- ☐ 0.5 cup macadamia nuts chopped
- ☐ 0.3 cup whipping cream (heavy)
- ☐ 1 eggs
- ☐ 8 ounces pineapple rings drained well canned
- ☐ 2.5 cups frangelico

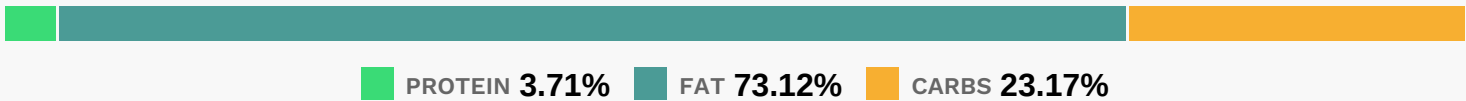
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 425°F. Spray cookie sheet with cooking spray. Stir together Bisquick mix and sugar in large bowl.
- ☐ Cut in butter, using pastry blender or crisscrossing 2 knives, until crumbly. Stir in remaining ingredients.
- ☐ Pat dough into 10x7-inch rectangle on cookie sheet (if dough is sticky, dip fingers in Bisquick mix).
- ☐ Cut into 12 rectangles, but do not separate.
- ☐ Sprinkle with additional sugar and coconut if desired.
- ☐ Bake 12 to 14 minutes or until golden brown; carefully separate scones.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:3.0513043144475%

Nutrients (% of daily need)

Calories: 146.95kcal (7.35%), Fat: 12.5g (19.22%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.61g (2.77%), Sugar: 7.53g (8.36%), Cholesterol: 19.24mg (6.41%), Sodium: 52.96mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Manganese: 0.33mg (16.46%), Vitamin B1: 0.09mg (6.07%), Vitamin A: 271.3IU (5.43%), Fiber: 1.3g (5.21%), Copper: 0.09mg (4.71%), Magnesium: 14.21mg (3.55%), Selenium: 2.23µg (3.19%), Phosphorus: 30.34mg (3.03%), Vitamin B2: 0.05mg (2.66%), Iron: 0.45mg (2.49%), Vitamin B6: 0.05mg (2.43%), Vitamin C: 1.94mg (2.35%), Potassium: 75.05mg (2.14%), Vitamin E: 0.28mg

(1.87%), Calcium: 15.48mg (1.55%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.14mg (1.43%), Vitamin B3: 0.22mg (1.1%),
Vitamin D: 0.15µg (1.02%)