



Cranberry-Maple Nut Scones

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.3 cup maple syrup
- ☐ 3 tablespoons brown sugar packed
- ☐ 3 tablespoons milk
- ☐ 1 eggs
- ☐ 0.5 cup powdered sugar
- ☐ 2 teaspoons milk

- ☐ 1 teaspoon maple syrup
- ☐ 2.5 cups frangelico

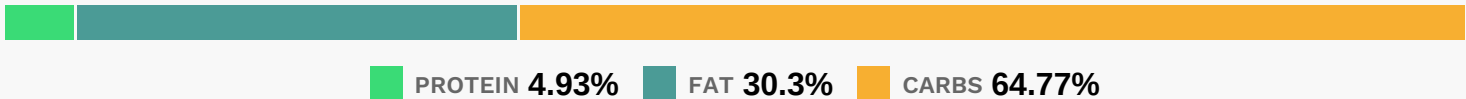
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Grease cookie sheet. In medium bowl, mix all scone ingredients until soft dough forms. Turn dough onto surface dusted with Bisquick mix; roll in Bisquick mix to coat. Shape into ball; knead 10 times.
- ☐ Pat dough into 8-inch round on cookie sheet (If dough is sticky, dip fingers in Bisquick mix.)
- ☐ Cut into 8 wedges but do not separate.
- ☐ Bake 11 to 13 minutes or until golden brown. Carefully separate wedges.
- ☐ In small bowl, beat all glaze ingredients until smooth.
- ☐ Drizzle glaze over scones.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:3.7617391244225%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 158.95kcal (7.95%), Fat: 5.59g (8.61%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 26.01g (9.46%), Sugar: 24.3g (27%), Cholesterol: 21.28mg (7.09%), Sodium: 13.34mg (0.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Manganese: 0.53mg (26.31%), Vitamin B2: 0.19mg (11.06%), Copper: 0.13mg (6.39%), Phosphorus: 43.92mg (4.39%), Magnesium: 16.04mg (4.01%), Fiber: 0.89g (3.57%), Calcium: 35.12mg (3.51%), Selenium: 2.32µg (3.32%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.41mg (2.74%), Vitamin B1: 0.04mg (2.61%), Folate: 9.8µg (2.45%), Potassium: 84.61mg (2.42%), Iron: 0.39mg (2.15%), Vitamin E: 0.27mg (1.81%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.19µg (1.24%)