



Cranberry-Walnut Scones

READY IN



30 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups baking mix
- 3 tablespoons butter firm
- 1 cup cranberries dried
- 0.7 cup nonfat buttermilk fat-free (skim)
- 0.5 teaspoon ground cinnamon
- 1 tablespoon butter melted
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 0.7 cup walnut pieces chopped

2 tablespoons water

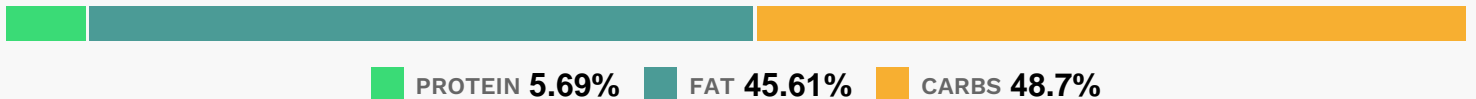
Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- microwave

Directions

- Heat oven to 42
- Pour water over cranberries in 1-quart microwavable dish; cover with plastic wrap, folding back one side to vent. Microwave on High 1 minute. Uncover cranberries; cool.
- Mix Bisquick mix, sugar and cinnamon in large bowl.
- Cut in 3 tablespoons butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in butter-milk, vanilla, cranberries and walnuts just until moistened.
- Drop dough by 1/4 cupfuls onto ungreased cookie sheet.
- Sprinkle with additional sugar if desired.
- Bake 10 to 11 minutes or until golden brown.
- Brush 1 tablespoon melted butter over warm scones and sprinkle with sugar if desired.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:3, Inflammation Score:-3, Nutrition Score:4.6639130750428%

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: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin:

0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 214.5kcal (10.72%), Fat: 11.2g (17.23%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 25.47g (9.26%), Sugar: 14.67g (16.3%), Cholesterol: 0.66mg (0.22%), Sodium: 312.12mg (13.57%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 3.14g (6.29%), Manganese: 0.33mg (16.59%), Phosphorus: 141.43mg (14.14%), Vitamin B1: 0.14mg (9.27%), Folate: 31.42µg (7.86%), Copper: 0.14mg (7.08%), Vitamin B2: 0.1mg (6.04%), Fiber: 1.44g (5.74%), Vitamin B3: 1.04mg (5.2%), Calcium: 47.16mg (4.72%), Iron: 0.79mg (4.4%), Magnesium: 15.91mg (3.98%), Vitamin A: 169.27IU (3.39%), Vitamin E: 0.43mg (2.87%), Vitamin B6: 0.05mg (2.73%), Selenium: 1.91µg (2.72%), Vitamin B5: 0.24mg (2.4%), Zinc: 0.33mg (2.22%), Vitamin K: 2.27µg (2.16%), Potassium: 68.86mg (1.97%), Vitamin B12: 0.08µg (1.38%)