



Gluten-Free Bacon Gruyère Scones

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup gruyere cheese gluten-free shredded
- 6 slices bacon gluten-free crumbled cooked
- 1.5 cups whipping cream
- 2 tablespoons butter melted
- 2 cups frangelico gluten free

Equipment

- bowl
- baking sheet

- oven
- wire rack

Directions

- Heat oven to 400°F. In large bowl, stir together Bisquick mix, cheese and bacon. Stir in whipping cream until dough forms.
- Divide dough in half. On surface sprinkled with Bisquick mix, pat each half into 6-inch round.
- Cut each round into 6 wedges. On ungreased cookie sheet, place wedges 2 inches apart.
- Brush with melted butter.
- Bake 18 to 22 minutes or until golden brown. Immediately remove from cookie sheet to cooling rack.
- Serve warm.

Nutrition Facts

PROTEIN 11.95% **FAT 85.98%** **CARBS 2.07%**

Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.373043463282%

Nutrients (% of daily need)

Calories: 182.03kcal (9.1%), Fat: 17.59g (27.06%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.91g (1.01%), Cholesterol: 54.69mg (18.23%), Sodium: 168.78mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Calcium: 131.74mg (13.17%), Vitamin A: 601.4IU (12.03%), Phosphorus: 99.89mg (9.99%), Selenium: 4.54µg (6.48%), Vitamin B2: 0.1mg (5.69%), Vitamin B12: 0.27µg (4.52%), Zinc: 0.62mg (4.17%), Vitamin D: 0.56µg (3.72%), Vitamin E: 0.38mg (2.5%), Vitamin B1: 0.04mg (2.34%), Vitamin B3: 0.45mg (2.26%), Vitamin B6: 0.04mg (2.04%), Vitamin B5: 0.18mg (1.85%), Magnesium: 7.33mg (1.83%), Potassium: 57.69mg (1.65%), Vitamin K: 1.41µg (1.35%)