



WHATSheATE



Pumpkin Chocolate Chip Scones



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup semi chocolate chips
- ☐ 2 tablespoons whipping cream
- ☐ 1 tablespoon granulated sugar
- ☐ 1 cup powdered sugar

- ☐ 1 tablespoon apple cider
- ☐ 2.5 cups frangelico

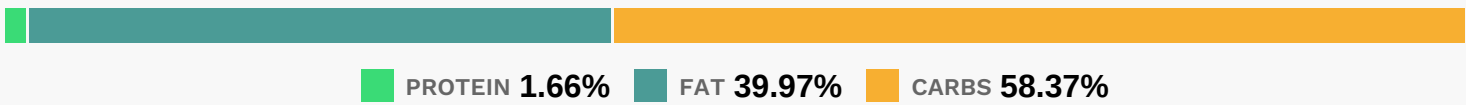
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 425°F. Spray cookie sheet with cooking spray or line with cooking parchment paper.
- ☐ In large bowl, beat butter and 1/2 cup granulated sugar with electric mixer on low speed, or mix with spoon.
- ☐ Add Bisquick mix, pumpkin pie spice and pumpkin; beat until combined. Stir in chocolate chips.
- ☐ On surface sprinkled with Bisquick mix, shape dough into 1- to 1-1/2-inch-thick round.
- ☐ Cut into 8 wedges; place on cookie sheet.
- ☐ Brush with whipping cream; sprinkle evenly with 1 tablespoon granulated sugar.
- ☐ Bake 20 minutes or until golden brown.
- ☐ Remove from cookie sheet to cooling rack.
- ☐ In small bowl, mix powdered sugar and apple cider until smooth. Using fork, drizzle glaze over scones.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.87, Glycemic Load:9.86, Inflammation Score:-9, Nutrition Score:6.6586957120377%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 13.46g (20.7%), Saturated Fat: 8.24g (51.51%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 40.47g (14.72%), Sugar: 33.09g (36.76%), Cholesterol: 25.25mg (8.42%), Sodium: 133.8mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.26g (2.52%), Vitamin A: 3098.36IU (61.97%), Manganese: 0.33mg (16.33%), Fiber: 3.74g (14.97%), Copper: 0.17mg (8.36%), Magnesium: 26.09mg (6.52%), Iron: 1.14mg (6.34%), Phosphorus: 49.31mg (4.93%), Vitamin B5: 0.44mg (4.38%), Vitamin B2: 0.06mg (3.63%), Potassium: 120.33mg (3.44%), Folate: 12.31µg (3.08%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.42mg (2.77%), Calcium: 26.35mg (2.64%), Selenium: 1.72µg (2.46%), Vitamin E: 0.33mg (2.17%), Vitamin K: 1.66µg (1.58%), Vitamin C: 1.28mg (1.55%), Vitamin B3: 0.23mg (1.17%)