



Rosemary-Lemon Cream Scones

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup granulated sugar
- 2 tablespoons butter cold
- 1 eggs beaten
- 6 oz yogurt yoplait®
- 0.3 cup cup heavy whipping cream
- 1 tablespoon lemon zest grated
- 1 tablespoon rosemary leaves fresh finely chopped
- 1 tablespoon cup heavy whipping cream

- 1 tablespoon granulated sugar
- 0.5 cup powdered sugar
- 1 tablespoon juice of lemon
- 2.5 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender

Directions

- Heat oven to 400°F. Generously spray cookie sheet with cooking spray.
- In large bowl, mix Bisquick mix and 1/3 cup granulated sugar.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. In small bowl, mix egg, yogurt and 1/4 cup whipping cream. Stir into crumb mixture just until combined. Stir in lemon peel and rosemary.
- Place dough on cookie sheet; using greased hands, pat dough into 8-inch round.
- Brush dough with 1 tablespoon whipping cream; sprinkle with 1 tablespoon granulated sugar.
- Cut into 8 wedges with sharp knife dipped in additional Bisquick mix, but do not separate into wedges.
- Bake 15 to 20 minutes or until light golden brown. Carefully cut into wedges and immediately remove from cookie sheet to cooling rack. Cool 5 minutes. Meanwhile, in small bowl, mix powdered sugar and lemon juice.
- Drizzle over scones.
- Serve warm.

Nutrition Facts



■ PROTEIN 4.68% ■ FAT 44.89% ■ CARBS 50.43%

Properties

Glycemic Index:26.15, Glycemic Load:7.05, Inflammation Score:-2, Nutrition Score:1.8286956412637%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.72kcal (7.29%), Fat: 7.47g (11.49%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 18.76g (6.82%), Sugar: 18.51g (20.57%), Cholesterol: 41.27mg (13.76%), Sodium: 42.99mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 282.91IU (5.66%), Vitamin B2: 0.08mg (4.62%), Calcium: 37.88mg (3.79%), Phosphorus: 37.74mg (3.77%), Selenium: 2.58µg (3.69%), Vitamin B12: 0.15µg (2.47%), Vitamin C: 1.91mg (2.31%), Vitamin B5: 0.2mg (2.01%), Vitamin D: 0.28µg (1.87%), Vitamin E: 0.24mg (1.61%), Potassium: 55.38mg (1.58%), Zinc: 0.23mg (1.53%), Folate: 5.3µg (1.32%), Vitamin B6: 0.02mg (1.13%), Magnesium: 4.39mg (1.1%)