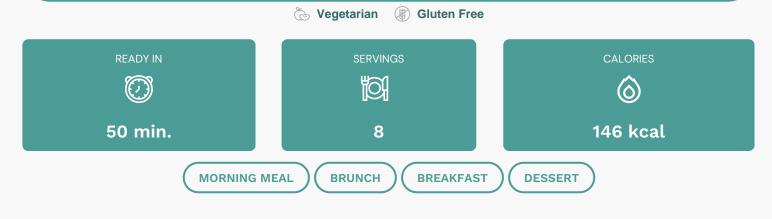


# **Rosemary-Lemon Cream Scones**



### **Ingredients**

U.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**

#### **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, 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: Og (100%), Alcohol %: O% (100%), Protein: 1.75g (3.5%), Vitamin A: 282.91lU (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%)