



Rosemary-Lemon Cream Scones

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

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

Equipment

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

Directions

- Heat oven to 400F. 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 3.42% FAT 42.16% CARBS 54.42%

Properties

Glycemic Index:26.96, Glycemic Load:7.22, Inflammation Score:-3, Nutrition Score:2.2247826126607%

Flavonoids

Eriodictyol: 4.63mg, Eriodictyol: 4.63mg, Eriodictyol: 4.63mg, Eriodictyol: 4.63mg Hesperetin: 6.2mg, Hesperetin: 6.2mg, Hesperetin: 6.2mg, Hesperetin: 6.2mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 138.91kcal (6.95%), Fat: 6.84g (10.52%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 19.15g (6.96%), Sugar: 18.05g (20.06%), Cholesterol: 38.51mg (12.84%), Sodium: 33.63mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin C: 13.07mg (15.85%), Vitamin A: 266.53IU (5.33%), Selenium: 2.2µg (3.14%), Vitamin B2: 0.05mg (3.1%), Fiber: 0.72g (2.86%), Phosphorus: 20.94mg (2.09%), Calcium: 17.68mg (1.77%), Vitamin E: 0.26mg (1.74%), Vitamin D: 0.26µg (1.73%), Vitamin B6: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.59%), Folate: 6.15µg (1.54%), Iron: 0.27mg (1.49%), Potassium: 51.77mg (1.48%), Vitamin B12: 0.07µg (1.16%)