



## Strawberry Scones

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



42 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup strawberry yogurt fat free (from 6-oz container)
- 0.3 cup skim milk fat-free (skim)
- 1 eggs
- 1 cup strawberries fresh chopped
- 1 serving milk fat-free (skim)
- 2.5 cups frangelico

### Equipment

- bowl

baking sheet

oven

## Directions

Heat oven to 450°F. Spray cookie sheet with cooking spray or grease with shortening.

In large bowl, stir Bisquick mix, yogurt, 1/4 cup milk and the egg until soft dough forms. Fold in strawberries.

On cookie sheet, pat dough into 10-inch round. (If dough is sticky, dip fingers in Bisquick mix).

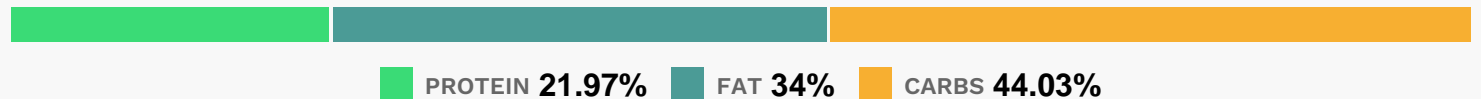
Brush top with additional milk.

Cut round into 8 wedges; separate slightly.

Bake 12 to 15 minutes or until golden brown. Carefully separate scones.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.91, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:2.9621738959914%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 42.34kcal (2.12%), Fat: 1.63g (2.5%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.36g (1.59%), Sugar: 4.07g (4.52%), Cholesterol: 25.04mg (8.35%), Sodium: 26.93mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin C: 10.58mg (12.83%), Calcium: 61.85mg (6.18%), Phosphorus: 60.18mg (6.02%), Vitamin B2: 0.09mg (5.59%), Vitamin B12: 0.3µg (4.96%), Manganese: 0.07mg (3.62%), Selenium: 2.49µg (3.56%), Vitamin D: 0.53µg (3.53%), Potassium: 107.22mg (3.06%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.04mg (2.04%), Vitamin A: 99.26IU (1.99%), Magnesium: 7.58mg (1.89%), Vitamin B1: 0.03mg (1.86%), Folate: 7.06µg (1.76%), Zinc: 0.26mg (1.7%), Fiber: 0.38g (1.53%)