



Super Easy Scones

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups flour all-purpose
- 1 cup pink lemonade kool-aid
- 1 cup cream light

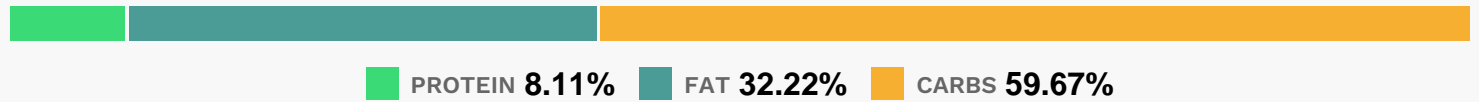
Equipment

- baking sheet
- oven
- mixing bowl
- rolling pin

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Place the flour in a mixing bowl with a hollow in the middle; add the cream and lemonade; mix until combined into a very sticky dough.
- Pour the mixture onto a floured surface; roll with a floured rolling pin until the mixture is approximately 1 inch thick. You may need to sprinkle extra flour on top, given the stickiness of the mixture.
- Cut into rounds and place on a floured baking sheet with each round a few centimeters apart.
- Bake in the preheated oven until the tops of the scones are lightly browned and sound slightly hollow if you tap them, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:28.29, Inflammation Score:-4, Nutrition Score:7.3617391106875%

Nutrients (% of daily need)

Calories: 272.82kcal (13.64%), Fat: 9.69g (14.91%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 39.13g (14.23%), Sugar: 3.65g (4.05%), Cholesterol: 33.16mg (11.05%), Sodium: 12.97mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin B1: 0.38mg (25.01%), Selenium: 16.04µg (22.91%), Folate: 86.98µg (21.74%), Manganese: 0.32mg (16%), Vitamin B2: 0.27mg (15.82%), Vitamin B3: 2.78mg (13.9%), Iron: 2.18mg (12.13%), Phosphorus: 68.85mg (6.88%), Vitamin A: 302.63IU (6.05%), Fiber: 1.27g (5.06%), Copper: 0.07mg (3.48%), Magnesium: 12.4mg (3.1%), Vitamin B5: 0.28mg (2.83%), Calcium: 27.65mg (2.76%), Zinc: 0.4mg (2.69%), Potassium: 79.14mg (2.26%), Vitamin E: 0.29mg (1.94%), Vitamin B6: 0.03mg (1.45%), Vitamin D: 0.18µg (1.19%)