



Almond, Apple Cinnamon Scones

READY IN



40 min.

SERVINGS



8

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons almond extract
- 0.3 cup almonds sliced
- 2 apples cored peeled chopped
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons cinnamon sugar
- 1 eggs lightly beaten
- 2 cups flour all-purpose
- 1 tablespoon milk

- 0.5 cup yogurt plain
- 0.3 teaspoon salt
- 6 tablespoons shortening chilled
- 0.3 cup sugar white

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- wire rack
- blender
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- Stir the flour, sugar, baking powder, baking soda, and salt together in a mixing bowl. Use two forks or a pastry blender to cut in the shortening with the flour mixture until the mixture resembles coarse corn meal. Stir in the chopped apples.
- Whisk 1 egg, yogurt, milk, and almond extract together in a small bowl until smooth. Stir the egg mixture into the flour mixture just until blended. Gather the dough, and place the dough on a lightly floured surface; knead 4 to 5 times. Pat dough into a 7 inch diameter circle about 1 1/2 inch thick.
- Cut dough into 8 wedges, and place on prepared baking sheet.
- To make the scone topping, whisk the milk and 1 egg together in a small bowl.
- Brush tops of scones with the egg mixture.
- Sprinkle each scone with cinnamon sugar and almonds.

- Bake in preheated oven until tops are golden brown, and a toothpick inserted in center comes out clean, about 20 minutes.
- Remove from oven and cool on a wire rack.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:50.77, Glycemic Load:27.15, Inflammation Score:-3, Nutrition Score:7.5382608900899%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 303.31kcal (15.17%), Fat: 12.54g (19.29%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 40.81g (14.84%), Sugar: 17.17g (19.08%), Cholesterol: 22.68mg (7.56%), Sodium: 211.31mg (9.19%), Alcohol: 0.26g (100%), Alcohol %: 0.26% (100%), Protein: 5.24g (10.48%), Selenium: 12.84µg (18.35%), Vitamin B1: 0.27mg (17.91%), Folate: 63.47µg (15.87%), Manganese: 0.3mg (14.97%), Vitamin B2: 0.25mg (14.78%), Vitamin B3: 2.01mg (10.06%), Vitamin E: 1.49mg (9.95%), Iron: 1.78mg (9.91%), Fiber: 2.3g (9.18%), Phosphorus: 90.91mg (9.09%), Calcium: 68.78mg (6.88%), Vitamin K: 6.25µg (5.96%), Magnesium: 19.86mg (4.97%), Copper: 0.09mg (4.68%), Potassium: 138.78mg (3.97%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.5mg (3.32%), Vitamin C: 2.17mg (2.63%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.12µg (1.93%), Vitamin A: 72.5IU (1.45%)