



## Almond-Crumb Scones

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 3 tablespoons flour all-purpose
- 2 tablespoons sugar
- 2 tablespoons almonds toasted finely chopped
- 2 tablespoons butter firm
- 2 cups flour all-purpose
- 0.3 cup sugar
- 2.5 teaspoons double-acting baking powder
- 0.3 teaspoon salt

- 0.5 cup butter firm
- 0.5 cup almonds toasted chopped
- 1 eggs
- 0.5 cup frangelico

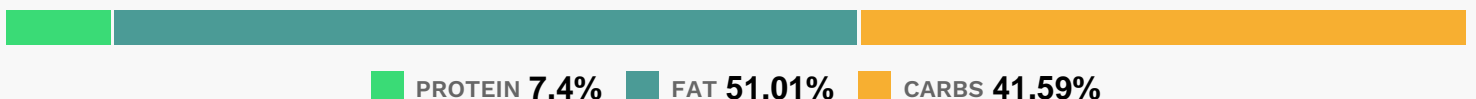
## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Heat oven to 400°F. In medium bowl, mix 3 tablespoons flour, 2 tablespoons sugar and the finely chopped almonds.
- Cut in 2 tablespoons butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Set aside.
- In large bowl, mix 2 cups flour, 1/4 cup sugar, the baking powder and salt.
- Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles resemble fine crumbs. Stir in chopped almonds. Stir in egg and just enough half-and-half so dough leaves side of bowl and forms a ball.
- Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Pat or roll into 9-inch round on ungreased cookie sheet.
- Sprinkle with streusel; press lightly into dough.
- Cut into 8 wedges, but do not separate.
- Bake about 15 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:50.27, Glycemic Load:25.68, Inflammation Score:-6, Nutrition Score:10.057826157173%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 361.52kcal (18.08%), Fat: 20.83g (32.05%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 35.87g (13.04%), Sugar: 9.84g (10.93%), Cholesterol: 20.46mg (6.82%), Sodium: 380.66mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.59%), Manganese: 0.5mg (24.79%), Vitamin E: 3.55mg (23.7%), Selenium: 13.76µg (19.66%), Vitamin B1: 0.29mg (19.65%), Vitamin B2: 0.33mg (19.53%), Folate: 70.13µg (17.53%), Phosphorus: 134.15mg (13.41%), Vitamin A: 662.5IU (13.25%), Iron: 2.24mg (12.47%), Vitamin B3: 2.43mg (12.17%), Calcium: 117.85mg (11.78%), Magnesium: 39.9mg (9.98%), Fiber: 2.35g (9.41%), Copper: 0.17mg (8.58%), Zinc: 0.67mg (4.45%), Potassium: 135.75mg (3.88%), Vitamin B5: 0.3mg (3.02%), Vitamin B6: 0.04mg (2.08%), Vitamin B12: 0.07µg (1.11%)