



Almond Yogurt Scones

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup almonds lightly toasted chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup cake flour sifted
- ☐ 1 egg white lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons butter

- ☐ 8 ounce carton nonfat yogurt plain
- ☐ 0.3 teaspoon salt

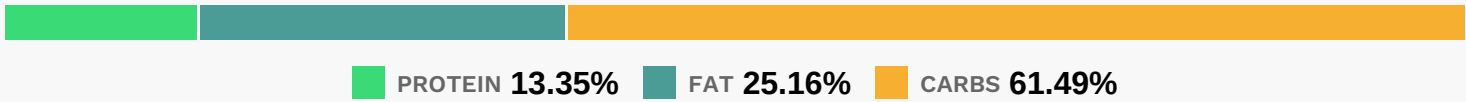
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 6 ingredients in a medium bowl; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add almonds; toss well.
- ☐ Add yogurt to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead 3 or 4 times. Pat dough into an 8-inch round on a baking sheet coated with cooking spray.
- ☐ Cut round into 8 wedges, cutting to, but not through, bottom of dough.
- ☐ Brush wedges with egg white.
- ☐ Bake at 425 for 10 to 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:16.78, Inflammation Score:-3, Nutrition Score:6.8321738955767%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

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Nutrients (% of daily need)

Calories: 197.49kcal (9.87%), Fat: 5.53g (8.5%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 29.01g (10.55%), Sugar: 5.4g (6%), Cholesterol: 0.57mg (0.19%), Sodium: 309.66mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.2%), Selenium: 13.81µg (19.73%), Manganese: 0.34mg (17.14%), Calcium: 135.87mg (13.59%), Vitamin B2: 0.23mg (13.31%), Phosphorus: 122.44mg (12.24%), Vitamin B1: 0.17mg (11.05%), Folate: 41.05µg (10.26%), Vitamin E: 1.32mg (8.83%), Iron: 1.24mg (6.86%), Vitamin B3: 1.34mg (6.7%), Magnesium: 26.06mg (6.52%), Fiber: 1.38g (5.53%), Copper: 0.1mg (5.25%), Zinc: 0.67mg (4.44%), Potassium: 150.18mg (4.29%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.18µg (3%), Vitamin A: 127.54IU (2.55%), Vitamin B6: 0.04mg (1.8%)