



Apple Butter Scones

READY IN



360 min.

SERVINGS



8

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.3 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 1 tablespoon brown sugar packed
- 0.3 cup butter melted
- 2 eggs beaten
- 0.5 cup whipping cream
- 0.3 cup spiced apple butter
- 1 teaspoon butter melted
- 2 teaspoons cinnamon prepared

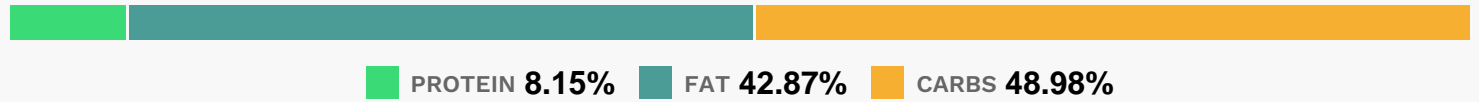
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 425°F. In large bowl, mix flour, baking powder and brown sugar. Stir in 1/4 cup butter, the eggs, whipping cream and apple butter until soft dough forms.
- On lightly floured surface, pat dough into 8-inch round, about 3/4 inch thick.
- Brush with 1 teaspoon butter; sprinkle with cinnamon-sugar.
- Cut into 8 wedges. On ungreased cookie sheet, place wedges 1 inch apart.
- Bake 10 to 15 minutes or until golden brown.
- Remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:19.8, Inflammation Score:-5, Nutrition Score:7.853043442835%

Nutrients (% of daily need)

Calories: 272.75kcal (13.64%), Fat: 13.01g (20.01%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 32.08g (11.67%), Sugar: 5.15g (5.72%), Cholesterol: 57.73mg (19.24%), Sodium: 253.92mg (11.04%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.57g (11.13%), Selenium: 15.81µg (22.59%), Vitamin B1: 0.28mg (19%), Manganese: 0.36mg (17.96%), Folate: 70.31µg (17.58%), Vitamin B2: 0.26mg (15.1%), Calcium: 119.2mg (11.92%), Iron: 2.08mg (11.57%), Vitamin A: 557.58IU (11.15%), Vitamin B3: 2.11mg (10.55%), Phosphorus: 104.1mg (10.41%), Fiber: 1.35g (5.4%), Vitamin B5: 0.38mg (3.75%), Vitamin E: 0.53mg (3.52%), Copper: 0.07mg (3.49%), Vitamin D: 0.46µg (3.05%), Zinc: 0.44mg (2.92%), Magnesium: 11.52mg (2.88%), Potassium: 82.64mg (2.36%), Vitamin B6: 0.04mg (2.24%), Vitamin B12: 0.13µg (2.16%)