



Apple Pie Honey Wheat Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup flour whole wheat
- 1 cup flour
- 4 tablespoons t brown sugar dark
- 0.5 teaspoon cinnamon
- 1 tablespoon double-acting baking powder
- 0.3 teaspoon salt
- 0.5 teaspoon ginger fresh grated
- 4 tablespoons butter unsalted cold cut into cubes

- 0.8 cup cup heavy whipping cream
- 1 eggs slightly beaten
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 teaspoon brandy
- 1.5 cups apples diced peeled
- 1 tablespoon sugar

Equipment

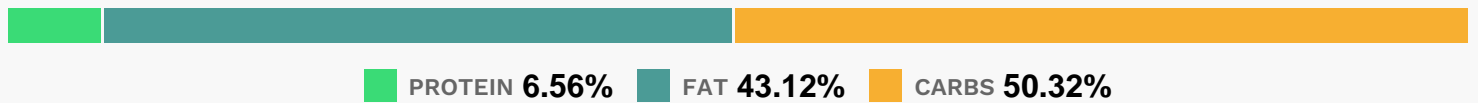
- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- wire rack

Directions

- Preheat oven to 400 degrees.
- Line a baking sheet with parchment paper.
- In a large mixing bowl whisk together first 7 ingredients.
- Add fresh ginger and butter. Work everything together with your fingers until the mixture is in course crumbs. You want the butter to remain as cool as possible and still be in pieces. You can do this part with the food processor if you want, but I prefer to just mix by hand because you still have to transfer it all to a bowl, so it's less to clean up.
- Add the cream, egg, honey, vanilla, and brandy. Knead the dough until it comes together.
- Dump the apples in and press them into the dough until they are evenly distributed and you have a nice round ball of dough. As with any bread, handle it as little and as quickly as possible or the scones will be tough.

- On a floured surface flatten the dough ball into a one inch thick disc. Use just enough flour to keep it from sticking to your hands as this will dry out the dough.
- Cut the disc into 8 equal sections.
- Place scones on the baking sheet and sprinkle with Turbonado sugar.
- Bake for approximately 15 – 18 minutes or until they are golden brown.
- Melt butter and drizzle over the top of a warm scone. Oh my...scrumptious :)
- Transfer the rest to a wire rack to cool.
- Store in a sealed container or Ziploc bag. They also freeze well for 3 to 4 months.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:13.17, Inflammation Score:-5, Nutrition Score:8.86%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 302.6kcal (15.13%), Fat: 14.83g (22.82%), Saturated Fat: 9g (56.22%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 36.27g (13.19%), Sugar: 14.91g (16.57%), Cholesterol: 60.72mg (20.24%), Sodium: 249.11mg (10.83%), Alcohol: 0.38g (2.12%), Protein: 5.07g (10.15%), Manganese: 0.76mg (37.93%), Selenium: 17.13µg (24.47%), Vitamin B1: 0.21mg (13.94%), Phosphorus: 132.01mg (13.2%), Calcium: 123.16mg (12.32%), Vitamin A: 547IU (10.94%), Fiber: 2.67g (10.69%), Vitamin B2: 0.18mg (10.61%), Folate: 39.77µg (9.94%), Iron: 1.66mg (9.2%), Vitamin B3: 1.73mg (8.63%), Magnesium: 28.76mg (7.19%), Copper: 0.1mg (5.2%), Vitamin B6: 0.1mg (4.96%), Zinc: 0.66mg (4.38%), Potassium: 139.58mg (3.99%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.57µg (3.81%), Vitamin B5: 0.33mg (3.34%), Vitamin K: 2.11µg (2.01%), Vitamin B12: 0.1µg (1.61%), Vitamin C: 1.25mg (1.51%)