

Apple Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 apples shredded cored peeled
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter chilled
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 tablespoons milk
- 0.5 teaspoon salt

2 tablespoons sugar white

Equipment

bowl

baking sheet

oven

Directions

Measure flour, sugar, baking powder, soda, and salt into a large bowl.

Cut in butter or margarine until crumbly.

Add shredded apple and milk. Stir to form a soft dough.

Turn dough out onto a lightly floured surface. Knead gently 8 to 10 times. Pat into two 6-inch circles.

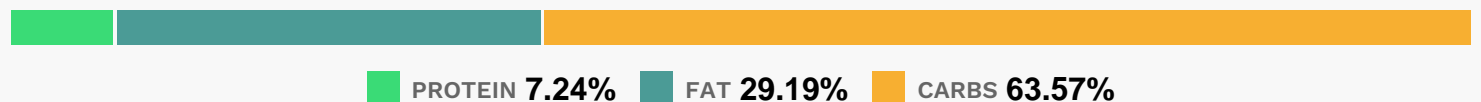
Place on greased baking sheet.

Brush tops with milk, and sprinkle with sugar and cinnamon. Score each into 6 pie-shaped wedges.

Bake at 425 degrees F (220 degrees C) for 15 minutes, or until browned and risen.

Serve warm with butter.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:13.67, Inflammation Score:-2, Nutrition Score:3.6669565413309%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg,

Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 127.39kcal (6.37%), Fat: 4.15g (6.39%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 19.38g (7.05%), Sugar: 3.75g (4.17%), Cholesterol: 10.47mg (3.49%), Sodium: 245.12mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin B1: 0.17mg (11.18%), Selenium: 7.17µg (10.25%), Folate: 38.73µg (9.68%), Manganese: 0.16mg (8.12%), Vitamin B2: 0.11mg (6.61%), Vitamin B3: 1.25mg (6.25%), Iron: 1.07mg (5.93%), Calcium: 48.33mg (4.83%), Phosphorus: 42.49mg (4.25%), Fiber: 0.97g (3.89%), Vitamin A: 130.67IU (2.61%), Copper: 0.03mg (1.73%), Magnesium: 5.97mg (1.49%), Potassium: 43.96mg (1.26%), Vitamin B5: 0.12mg (1.15%), Zinc: 0.17mg (1.12%), Vitamin E: 0.15mg (1.02%)