



Apricot and White Chocolate Scones

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.8 cups flour all-purpose
- 0.3 cup sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup butter firm
- 0.3 cup apricot dried finely chopped
- 0.3 cup peppermint candies white
- 1 eggs

- 0.3 cup peppermint candies white melted
- 0.3 cup frangelico

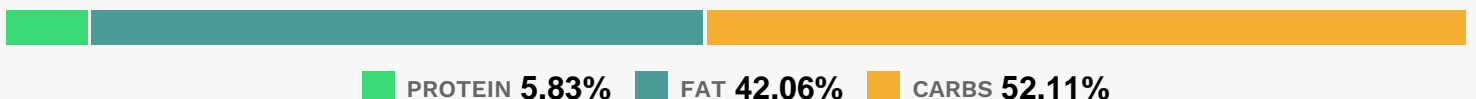
Equipment

- bowl
- baking sheet
- oven
- blender
- ziploc bags

Directions

- Heat oven to 400°F. Lightly grease cookie sheet with shortening or cooking spray. In large bowl, mix flour, sugar, baking powder and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs.
- Reserve 2 tablespoons apricots for topping. Stir remaining apricots and 1/3 cup vanilla baking chips into crumbly mixture. Stir in egg and just enough half-and-half so dough leaves side of bowl and forms a ball.
- On lightly floured surface, knead dough lightly 10 times. Pat or roll into 8-inch round on cookie sheet.
- Cut into 8 wedges, but do not separate.
- Bake 14 to 16 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- Place melted baking chips in small resealable food-storage plastic bag; seal bag.
- Cut off small corner of bag; pipe small amount of melted chips over scones.
- Sprinkle with reserved 2 tablespoons apricots. Pipe remaining melted chips over scones.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:20.71, Inflammation Score:-5, Nutrition Score:5.8508695921172%

Nutrients (% of daily need)

Calories: 320.1kcal (16.01%), Fat: 15.27g (23.49%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 41.43g (15.07%), Sugar: 20.42g (22.69%), Cholesterol: 20.46mg (6.82%), Sodium: 289.05mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Selenium: 11.12µg (15.88%), Vitamin B1: 0.22mg (14.57%), Folate: 53.26µg (13.32%), Vitamin A: 563.24IU (11.26%), Calcium: 101.44mg (10.14%), Manganese: 0.2mg (10.07%), Vitamin B2: 0.17mg (9.94%), Iron: 1.62mg (9.02%), Vitamin B3: 1.76mg (8.8%), Phosphorus: 68.35mg (6.84%), Fiber: 1.14g (4.54%), Vitamin E: 0.6mg (4.01%), Copper: 0.06mg (3.13%), Potassium: 103.99mg (2.97%), Vitamin B5: 0.24mg (2.4%), Magnesium: 8.96mg (2.24%), Zinc: 0.28mg (1.9%), Vitamin B6: 0.03mg (1.5%)