



Apricot Drop Scones

 Vegetarian

READY IN



45 min.

SERVINGS



13

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour
- 4 apricots pitted cut into 1/4 inch dice
- 2 teaspoons double-acting baking powder
- 1 cup heavy whipping cream
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1 stick butter unsalted cold cut into 1/2 inch dice

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
- In the bowl of a food processor, combine flour, baking powder, sugar, and salt. Pulse until combined.
- Add butter and pulse until butter is the size of peas.
- While the motor is running, add heavy cream, continuing to mix just until dough comes together.
- Move dough to a lightly floured surface. Use your hands to gently incorporate apricots into the dough.
- Drop dough onto baking sheet into approximately 3 inch rounds.
- Bake scones until golden, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:19.24, Inflammation Score:-5, Nutrition Score:4.5191304476365%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 244.49kcal (12.22%), Fat: 13.93g (21.43%), Saturated Fat: 8.71g (54.43%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 27.32g (9.94%), Sugar: 13.1g (14.56%), Cholesterol: 39.38mg (13.13%), Sodium: 161.18mg (7.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin A: 693.76IU (13.88%), Vitamin B1: 0.16mg

(10.55%), Selenium: 7.24µg (10.34%), Folate: 37.15µg (9.29%), Vitamin B2: 0.14mg (8.17%), Manganese: 0.14mg (7.04%), Vitamin B3: 1.22mg (6.08%), Iron: 1.03mg (5.72%), Calcium: 54.78mg (5.48%), Phosphorus: 49.43mg (4.94%), Vitamin E: 0.48mg (3.18%), Fiber: 0.74g (2.94%), Vitamin D: 0.42µg (2.82%), Copper: 0.04mg (2.02%), Potassium: 68.32mg (1.95%), Magnesium: 6.93mg (1.73%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.61µg (1.53%), Vitamin C: 1.19mg (1.44%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.02mg (1.05%)