



Apricot-Orange Cream Scones

READY IN



35 min.

SERVINGS



12

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 3 tablespoons granulated sugar
- 3 teaspoons double-acting baking powder
- 2 teaspoons orange zest grated
- 0.5 teaspoon salt
- 0.5 cup apricot dried chopped
- 0.5 cup peppermint candies white
- 1.3 cups whipping cream
- 1 cup powdered sugar

2 tablespoons orange juice

Equipment

bowl

baking sheet

oven

Directions

Heat oven to 400°F. Lightly grease cookie sheet. In large bowl, mix flour, granulated sugar, baking powder, orange peel and salt until well blended. Stir in apricots and baking chips.

Add whipping cream all at once; stir just until dry ingredients are moistened.

On lightly floured surface, knead dough 6 or 7 times until smooth. Divide dough in half. Pat each half into 6-inch round; cut each into 6 wedges.

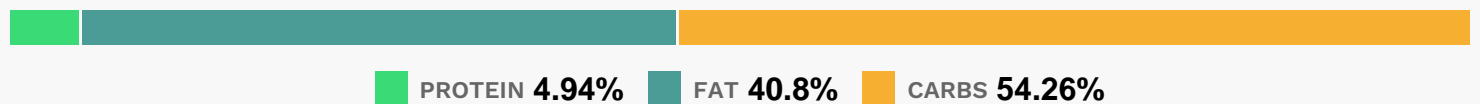
Place 2 inches apart on cookie sheet.

Bake 10 to 13 minutes or until light golden brown. Cool 5 minutes. Meanwhile, in small bowl, mix powdered sugar and enough orange juice for desired drizzling consistency.

Drizzle icing over warm scones.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.87, Glycemic Load:15, Inflammation Score:-5, Nutrition Score:5.2191304875457%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.9kcal (14.25%), Fat: 13.2g (20.31%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 38.5g (14%), Sugar: 22.33g (24.81%), Cholesterol: 29.88mg (9.96%), Sodium: 217.37mg (9.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin A: 591.02IU (11.82%), Selenium: 8.06µg (11.52%), Vitamin B1: 0.17mg (11.51%), Folate: 40.67µg (10.17%), Calcium: 98.14mg (9.81%), Vitamin B2: 0.16mg (9.43%), Manganese: 0.16mg (7.82%), Iron: 1.26mg (7.02%), Vitamin B3: 1.4mg (7.01%), Phosphorus: 64.15mg (6.41%), Fiber: 1g (4%), Potassium: 117.1mg (3.35%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.42µg (2.82%), Copper: 0.05mg (2.71%), Vitamin C: 2.08mg (2.52%), Magnesium: 8.83mg (2.21%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.39%), Vitamin K: 1.08µg (1.03%)