



Banana Bran Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup banana ripe mashed (2)
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup buttermilk fat-free
- ☐ 1.5 teaspoons buttermilk fat-free
- ☐ 4.5 ounces flour all-purpose
- ☐ 1.5 teaspoons granulated sugar

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon brown sugar light
- ☐ 0.5 cup oat bran
- ☐ 8 servings try build-a-meal
- ☐ 0.3 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 6 ingredients (through cinnamon) in a food processor; pulse until mixture resembles coarse meal.
- ☐ Combine banana and brown sugar in a medium bowl; let stand 5 minutes.
- ☐ Add flour mixture and 1/4 cup buttermilk alternately to banana mixture, stirring just until moist. Turn dough out onto a lightly floured surface; knead lightly 1 1/2 minutes with floured hands. Pat dough into a 6-inch circle on a baking sheet lined with parchment paper.
- ☐ Cut dough into 8 wedges, cutting into, but not through, dough.
- ☐ Brush 1 1/2 teaspoons buttermilk over surface of dough; sprinkle with granulated sugar.
- ☐ Bake at 400 for 12 minutes or until lightly browned.
- ☐ Remove from pan; cool on wire racks.

Nutrition Facts



 **PROTEIN 9.81%**  **FAT 21.85%**  **CARBS 68.34%**

Properties

Glycemic Index:50.17, Glycemic Load:13.87, Inflammation Score:-3, Nutrition Score:6.4121739725056%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 135.77kcal (6.79%), Fat: 3.62g (5.57%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 23.1g (8.4%), Sugar: 5.36g (5.95%), Cholesterol: 7.69mg (2.56%), Sodium: 191.3mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.67mg (33.36%), Vitamin B1: 0.22mg (14.84%), Selenium: 9.58µg (13.68%), Fiber: 2.39g (9.58%), Phosphorus: 95.13mg (9.51%), Folate: 37.57µg (9.39%), Iron: 1.34mg (7.43%), Magnesium: 29.69mg (7.42%), Vitamin B2: 0.12mg (6.77%), Vitamin B3: 1.21mg (6.05%), Vitamin B6: 0.1mg (5.08%), Calcium: 41.58mg (4.16%), Potassium: 145.56mg (4.16%), Copper: 0.08mg (3.89%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.27mg (2.73%), Vitamin C: 1.94mg (2.35%), Vitamin A: 101.26IU (2.03%), Vitamin E: 0.2mg (1.35%)