



## Buttermilk-Apricot Scones

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 cup all-natural apricot nectar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup apricots dried chopped
- 1 eggs lightly beaten
- 1 egg white lightly beaten
- 2 cups flour all-purpose
- 0.3 cup butter chilled cut into small pieces
- 0.3 cup nonfat buttermilk

- 0.3 teaspoon salt
- 0.3 cup sugar
- 1 tablespoon sugar

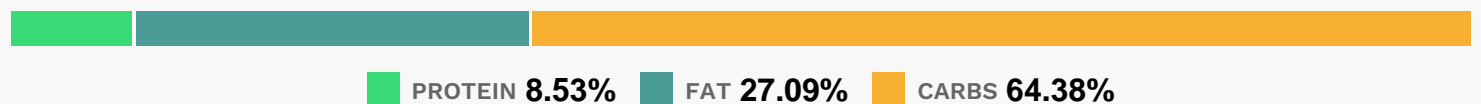
## Equipment

- baking sheet
- oven
- blender

## Directions

- Combine first 5 ingredients; cut in margarine with a pastry blender until mixture resembles coarse meal.
- Add apricots; toss well.
- Combine egg, buttermilk, and nectar; add to dry ingredients, stirring just until moistened. (Dough will be sticky.)
- Turn dough out onto a lightly floured surface; with floured hands, knead 4 or 5 times. Pat dough into a 9-inch circle on a baking sheet coated with cooking spray.
- Cut dough into 12 wedges, cutting to but not through bottom of dough.
- Brush with egg white, and sprinkle with 1 tablespoon sugar.
- Bake at 400 for 15 minutes or until golden.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:28.38, Glycemic Load:15.9, Inflammation Score:-4, Nutrition Score:4.3195652100055%

## Nutrients (% of daily need)

Calories: 151.48kcal (7.57%), Fat: 4.58g (7.05%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.68g (8.61%), Sugar: 8.09g (8.99%), Cholesterol: 13.74mg (4.58%), Sodium: 208.67mg (9.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Selenium: 8.8µg (12.57%), Vitamin B1: 0.17mg (11.29%), Folate: 40.41µg (10.1%), Vitamin B2: 0.14mg (8.05%), Vitamin A: 395.07IU (7.9%), Manganese: 0.15mg (7.7%), Vitamin B3: 1.34mg (6.69%), Iron: 1.19mg (6.62%), Phosphorus: 45.05mg (4.5%), Calcium: 39.5mg (3.95%), Fiber: 0.83g (3.33%), Vitamin E: 0.38mg (2.54%), Copper: 0.05mg (2.35%), Potassium: 79.1mg (2.26%), Vitamin C: 1.66mg (2.01%), Vitamin B5: 0.18mg (1.8%), Magnesium: 7mg (1.75%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.02mg (1.15%)