



Buttermilk-Cherry Scones

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup cherries dried
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.5 cup nonfat buttermilk low-fat
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar

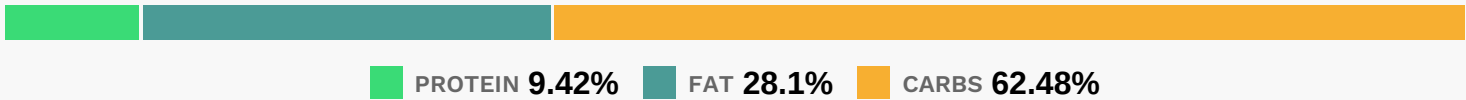
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a bowl; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add cherries, and toss well.
- ☐ Combine egg and buttermilk; 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 an 8-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut 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:27.43, Glycemic Load:15.47, Inflammation Score:-3, Nutrition Score:3.9395651959855%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 147.39kcal (7.37%), Fat: 4.6g (7.08%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.31g (8.11%), Sugar: 6.72g (7.47%), Cholesterol: 15.7mg (5.23%), Sodium: 213.55mg (9.28%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.47g (6.94%), Selenium: 8.92µg (12.75%), Vitamin B1: 0.17mg (11.19%), Folate: 40.55µg (10.14%), Vitamin B2: 0.14mg (8.2%), Manganese: 0.15mg (7.47%), Iron: 1.13mg (6.26%), Vitamin B3: 1.25mg (6.24%), Phosphorus: 44.86mg (4.49%), Vitamin A: 203.71IU (4.07%), Calcium: 38.87mg (3.89%), Fiber: 0.72g (2.9%), Copper: 0.04mg (1.93%), Vitamin B5: 0.18mg (1.8%), Magnesium: 6.51mg (1.63%), Potassium: 51.83mg (1.48%), Vitamin E: 0.21mg (1.43%), Zinc: 0.21mg (1.38%), Vitamin B6: 0.02mg (1.03%)