



Buttery Cherry-Chip Scones (White Whole Wheat Flour)

READY IN



35 min.

SERVINGS



8

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour whole wheat white
- 0.3 cup sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup butter cold cut into 8 pieces
- 0.5 cup cherries dried
- 0.5 cup semisweet chocolate chips miniature
- 1 eggs beaten

- 1 teaspoon almond extract
- 0.5 cup whipping cream
- 1 serving p of sugar

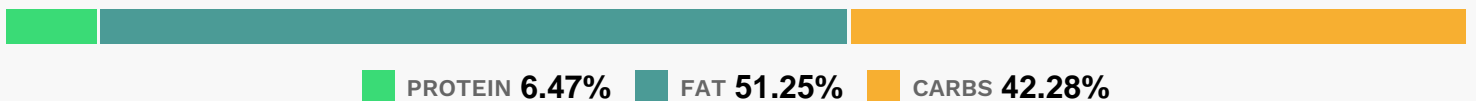
Equipment

- bowl
- baking sheet
- oven
- knife
- blender

Directions

- Heat oven to 400°F.
- In large bowl, mix flour, sugar, baking powder and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in cherries, chocolate chips, egg, vanilla and whipping cream just until dry ingredients are moistened.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. On ungreased cookie sheet, roll or pat dough into 8-inch circle.
- Cut into 8 wedges with sharp knife that has been dipped in flour, but do not separate wedges.
- Sprinkle with sugar.
- Bake 18 to 20 minutes or until light golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:6.07, Inflammation Score:-6, Nutrition Score:5.634347791905%

Nutrients (% of daily need)

Calories: 404.11kcal (20.21%), Fat: 23.51g (36.16%), Saturated Fat: 9.22g (57.63%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 38.73g (14.09%), Sugar: 18.18g (20.21%), Cholesterol: 38.16mg (12.72%), Sodium: 327.1mg (14.22%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 12.72mg (4.24%), Protein: 6.68g (13.36%), Vitamin A: 1032.18IU (20.64%), Fiber: 4.9g (19.59%), Calcium: 112.08mg (11.21%), Iron: 1.99mg (11.03%), Manganese: 0.2mg (9.97%), Copper: 0.19mg (9.56%), Phosphorus: 83.17mg (8.32%), Magnesium: 28.48mg (7.12%), Selenium: 3.43µg (4.9%), Vitamin E: 0.72mg (4.81%), Potassium: 145.64mg (4.16%), Vitamin B2: 0.07mg (3.98%), Zinc: 0.5mg (3.33%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.18mg (1.79%), Vitamin K: 1.56µg (1.48%), Vitamin B6: 0.02mg (1.05%)