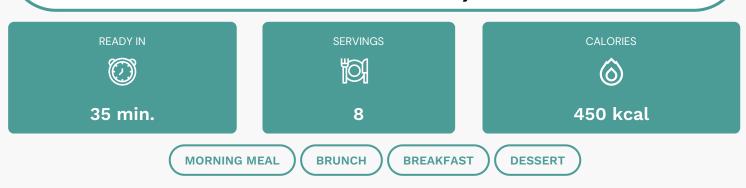


Buttery Cherry-Chip Scones (White Whole Wheat Flour)



Ingredients

1 teaspoon almond extract

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2 teaspoons double-acting baking powder
0.5 cup butter cold cut into 8 pieces
0.5 cup cherries dried
1 eggs beaten
2 cups flour whole wheat white
O.3 teaspoon salt
0.5 cup semisweet chocolate chips miniature

	0.3 cup sugar	
	8 servings sugar	
	0.5 cup whipping cream	
Equipment		
	bowl	
	baking sheet	
	oven	
	knife	
	blender	
Dii	rections	
	Heat oven to 400F.	
	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		
PROTEIN 5.8% FAT 46.02% CARBS 48.18%		

Properties

Nutrients (% of daily need)

Calories: 450.31kcal (22.52%), Fat: 23.55g (36.22%), Saturated Fat: 9.22g (57.63%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 50.56g (18.39%), Sugar: 30.16g (33.51%), Cholesterol: 38.16mg (12.72%), Sodium: 327.22mg (14.23%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.72mg (4.24%), Protein: 6.68g (13.36%), Vitamin A: 1032.18IU (20.64%), Fiber: 4.9g (19.59%), Calcium: 112.2mg (11.22%), Iron: 1.99mg (11.07%), Manganese: 0.2mg (9.99%), Copper: 0.19mg (9.6%), Phosphorus: 83.17mg (8.32%), Magnesium: 28.48mg (7.12%), Selenium: 3.5µg (5%), Vitamin E: 0.72mg (4.81%), Potassium: 145.88mg (4.17%), Vitamin B2: 0.07mg (4.11%), Zinc: 0.5mg (3.34%), 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%)