



Cacao and Milk Chocolate Scones

READY IN



30 min.

SERVINGS



12

CALORIES



437 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup cacao nibs toasted chopped
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk chocolate bar with hershey's) chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.8 cup butter unsalted cold cut into pieces
- ☐ 2 teaspoons vanilla extract

☐ 1 cup whipping cream

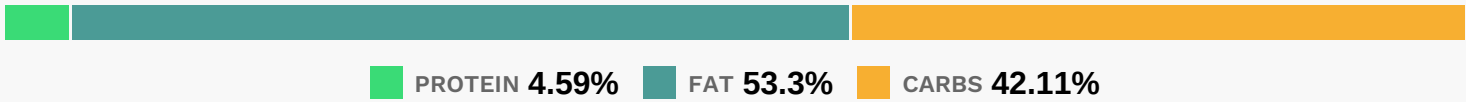
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Stir together first 4 ingredients in a large bowl; cut in butter with a pastry blender until crumbly. Stir in chocolate morsels and cacao nibs.
- ☐ Whisk together egg, 1 cup whipping cream, and vanilla; add to flour mixture, stirring with a fork just until dry ingredients are moistened and mixture forms a shaggy dough. Using a 1/3-cup measuring cup, scoop dough into mounds onto parchment paper-lined baking sheets.
- ☐ Brush scones with additional cream, and sprinkle with sugar, if desired.
- ☐ Bake at 425 for 18 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:25.26, Inflammation Score:-5, Nutrition Score:6.7834783073353%

Nutrients (% of daily need)

Calories: 436.79kcal (21.84%), Fat: 26.1g (40.16%), Saturated Fat: 16.35g (102.16%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 44.9g (16.33%), Sugar: 20.48g (22.76%), Cholesterol: 68.41mg (22.8%), Sodium: 216.53mg (9.41%), Alcohol: 0.23g (100%), Alcohol %: 0.28% (100%), Protein: 5.06g (10.12%), Selenium: 12.68µg (18.11%), Vitamin

B1: 0.25mg (16.78%), Folate: 60.36µg (15.09%), Vitamin A: 668.6IU (13.37%), Vitamin B2: 0.22mg (12.84%),
Manganese: 0.22mg (10.87%), Vitamin B3: 1.87mg (9.35%), Calcium: 93.23mg (9.32%), Iron: 1.66mg (9.24%),
Phosphorus: 78.86mg (7.89%), Fiber: 1.49g (5.95%), Vitamin D: 0.61µg (4.09%), Magnesium: 15.68mg (3.92%),
Vitamin E: 0.57mg (3.83%), Potassium: 105.72mg (3.02%), Copper: 0.05mg (2.69%), Vitamin B5: 0.27mg (2.67%),
Zinc: 0.34mg (2.23%), Vitamin K: 1.73µg (1.65%), Vitamin B12: 0.09µg (1.55%), Vitamin B6: 0.03mg (1.42%)