



Canadian Maple Scones



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter cold
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.1 teaspoon salt
- ☐ 1 cup walnuts divided coarsely chopped

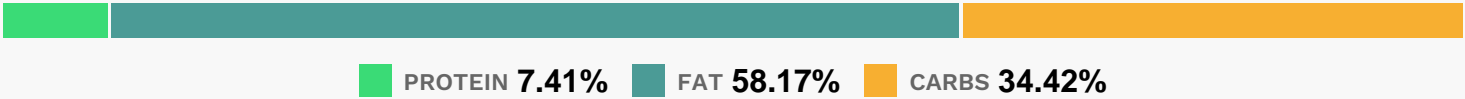
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread walnuts onto a baking sheet.
- ☐ Toast walnuts in the preheated oven until nuts turn golden brown and become fragrant, about 5 minutes. Watch carefully; nuts can burn quickly. Set aside to cool to room temperature.
- ☐ Increase oven temperature to 375 degrees F (190 degrees C).
- ☐ Place 3 tablespoons flour, 3 tablespoons brown sugar, and 1/2 cup cooled walnuts in a small bowl.
- ☐ Cut in 2 tablespoons butter using two knives or a pastry blender until mixture resembles coarse crumbs.
- ☐ Whisk together 2 cups flour, 2 tablespoons brown sugar, baking powder, and salt.
- ☐ Cut in 1/2 cup butter using two knives or a pastry blender until mixture resembles fine crumbs. Stir in remaining 1/2 cup walnuts.
- ☐ Whisk together 1/3 cup maple syrup and egg in a small bowl; stir into flour mixture. Gradually stir in just enough milk for the dough to leave the sides of the bowl and form a ball.
- ☐ Place dough on a lightly floured surface.
- ☐ Roll gently in flour to coat; knead lightly about 10 times. Pat into an 8-inch circle on an ungreased baking sheet.
- ☐ Brush with milk; sprinkle evenly with topping. Score dough circle into 8 wedges with a knife, but do not separate wedges.
- ☐ Bake in the preheated oven until golden brown, about 15 minutes.
- ☐ Remove immediately from the baking sheet, and separate the scones.
- ☐ Serve warm with whipped cream and maple syrup.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:17.71, Inflammation Score:-5, Nutrition Score:9.0678260164416%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 330.92kcal (16.55%), Fat: 21.87g (33.65%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 27.29g (9.92%), Sugar: 3.4g (3.78%), Cholesterol: 50.96mg (16.99%), Sodium: 243.13mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Manganese: 0.72mg (35.8%), Vitamin B1: 0.3mg (19.87%), Selenium: 13.18µg (18.83%), Folate: 74.56µg (18.64%), Copper: 0.28mg (14.15%), Vitamin B2: 0.21mg (12.13%), Phosphorus: 120.68mg (12.07%), Iron: 2.11mg (11.7%), Vitamin B3: 2.02mg (10.11%), Calcium: 86.78mg (8.68%), Magnesium: 31.47mg (7.87%), Vitamin A: 387.17IU (7.74%), Fiber: 1.83g (7.3%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.76mg (5.04%), Vitamin E: 0.51mg (3.39%), Vitamin B5: 0.32mg (3.24%), Potassium: 113.13mg (3.23%), Vitamin K: 1.5µg (1.43%), Vitamin B12: 0.07µg (1.22%)