



## Cherry Almond Ricotta Drop Scones

 Vegetarian

READY IN



51 min.

SERVINGS



10

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 cup almonds toasted sliced
- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar divided packed
- 4 tablespoons butter unsalted diced cold
- 2 tablespoons canola oil
- 0.5 cup cherries dried
- 1 large eggs lightly beaten
- 0.3 cup buttermilk fat-free divided

- 0.3 cup orange juice fresh
- 1 teaspoon orange rind grated
- 1 cup part-skim ricotta cheese (such as Calabro)
- 0.5 teaspoon salt
- 0.8 cup unbleached flour all-purpose
- 1 teaspoon vanilla extract
- 1 cup whole-grain pastry flour

## Equipment

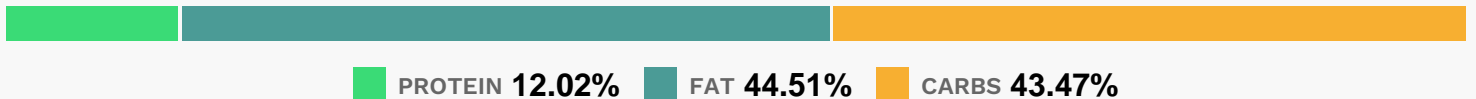
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- microwave
- measuring cup

## Directions

- Preheat oven to 42
- Combine cherries and juice in a small microwave-safe bowl. Microwave at HIGH 1 minute; let stand 5 minutes.
- Drain; discard liquid. Finely chop cherries.
- Combine ricotta cheese, 1 tablespoon sugar, rind, and vanilla in a medium bowl. Reserve 1/2 cup of the ricotta mixture.
- Add 1/3 cup buttermilk and canola oil to remaining ricotta mixture, stirring until smooth.

- Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, remaining 3 tablespoons sugar, baking powder, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add cherries and almonds; toss.
- Add buttermilk mixture; stir just until combined.
- Drop dough by 1/4 cupfuls 3 inches apart onto a baking sheet lined with parchment paper.
- Combine egg and remaining 1 tablespoon buttermilk, stirring with a whisk. Gently brush top and sides of dough with egg mixture.
- Bake at 425 for 15 to 16 minutes or until golden.
- Remove from pan; cool slightly on a wire rack.
- Beat the reserved ricotta mixture at medium speed 3 minutes or until fluffy.
- Serve with warm scones.

## Nutrition Facts



### Properties

Glycemic Index:25.1, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:8.5804347940113%

### Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 231.97kcal (11.6%), Fat: 11.73g (18.04%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 23.67g (8.61%), Sugar: 7.49g (8.32%), Cholesterol: 38.49mg (12.83%), Sodium: 291.55mg (12.68%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 7.13g (14.26%), Manganese: 0.64mg (31.84%),

Selenium: 16.53µg (23.61%), Calcium: 163.45mg (16.35%), Phosphorus: 153.42mg (15.34%), Vitamin E: 1.57mg (10.49%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.16mg (10.36%), Fiber: 2.1g (8.41%), Magnesium: 33.57mg (8.39%), Folate: 31.78µg (7.94%), Iron: 1.39mg (7.72%), Vitamin B3: 1.33mg (6.65%), Zinc: 0.89mg (5.91%), Copper: 0.12mg (5.87%), Vitamin A: 280.94IU (5.62%), Vitamin C: 3.95mg (4.79%), Potassium: 151.63mg (4.33%), Vitamin B6: 0.08mg (3.97%), Vitamin B5: 0.3mg (3.05%), Vitamin K: 2.98µg (2.84%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.21µg (1.39%)