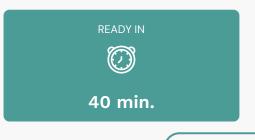
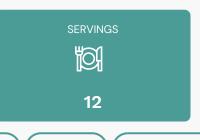


## **Cherry-Chocolate Chip Scones**







MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## **Ingredients**

1 cup flour all-purpose
1 cup flour whole wheat
0.3 cup sugar
0.5 teaspoon salt
1 teaspoon baking soda
0.3 cup butter firm

1 cup yogurt yoplait® (from 2 lb container)

0.5 cup cherries dried

0.3 cup semi chocolate chips miniature

Equipment		
	bowl	
	baking sheet	
	oven	
	knife	
	blender	
Directions		
	Heat oven to 400 . Spray cookie sheet with cooking spray.	
	In medium bowl, mix flour, sugar, baking soda and salt.	
	Cut in butter, using pastry blender, until mixture looks like fine crumbs. Stir in yogurt, cherries and chocolate chips (dough will seem a little crumbly).	
	On lightly floured surface, shape dough into a ball. Knead dough lightly 10 times. Divide dough in half. On cookie sheet, pat each half of dough into 6-inch circle.	
	Cut each circle into 6 wedges, using sharp knife, but do not separate wedges.	
	Bake 10 to 15 minutes or until golden brown. Immediately remove from cookie sheet to rack. Carefully separate wedges. Cool 10 minutes.	
	Serve warm.	
Nutrition Facts		
	PROTEIN 9.34% FAT 30.4% CARBS 60.26%	

## **Properties**

Glycemic Index:12.09, Glycemic Load:8.66, Inflammation Score:-4, Nutrition Score:5.8934782931338%

## Nutrients (% of daily need)

Calories: 172.6kcal (8.63%), Fat: 5.93g (9.12%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.3g (8.84%), Sugar: 9.66g (10.73%), Cholesterol: 1.45mg (0.48%), Sodium: 248.62mg (10.81%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 3.22mg (1.08%), Protein: 4.1g (8.2%), Manganese: 0.53mg (26.43%), Selenium: 10.73µg (15.32%), Vitamin B1: 0.14mg (9.51%), Phosphorus: 87.19mg (8.72%), Fiber: 2.13g (8.51%), Vitamin A: 361.64IU (7.23%), Vitamin B2: 0.12mg (6.83%), Iron: 1.18mg (6.56%), Magnesium: 26.21mg (6.55%), Folate:

 $25.76\mu g$  (6.44%), Vitamin B3: 1.17mg (5.83%), Copper: 0.11mg (5.29%), Calcium: 50.72mg (5.07%), Zinc: 0.61mg (4.1%), Potassium: 118.57mg (3.39%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.13 $\mu g$  (2.1%), Vitamin E: 0.25mg (1.68%)