Cherry-Chocolate Chip Scones

READY IN	SERVINGS	CALORIES
40 min.	12	173 kcal

MORNING MEAL   BRUNCH   BREAKFAST   DESSERT

Ingredients

- [ ] 1 teaspoon baking soda
- [ ] 0.3 cup butter firm
- [ ] 0.5 cup cherries dried
- [ ] 1 cup flour all-purpose
- [ ] 1 cup yogurt yoplait® (from 2 lb container)
- [ ] 0.5 teaspoon salt
- [ ] 0.3 cup semi chocolate chips miniature
- [ ] 0.3 cup sugar
- [ ] 1 cup flour whole wheat

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: 0g (100%), Alcohol %: 0% (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:

25.76µg (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: 0.13µg (2.1%), Vitamin E: 0.25mg (1.68%)