



## Cherry-Chocolate Scones

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 lb butter cold
- 0.5 cup cherries dried pitted
- 1 large eggs
- 3 cups flour all-purpose
- 0.8 cup half-and-half light (cream)
- 4 ounces chocolate cut into 1/2-inch chunks (1/2 cup)
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

0.3 cup sugar

## Equipment

food processor

bowl

baking sheet

oven

whisk

blender

## Directions

In a bowl or a food processor, mix flour, sugar, baking powder, and salt.

Cut butter into chunks and add to flour mixture.

Cut in with a pastry blender or pulse until mixture resembles coarse crumbs.

In a small bowl, whisk together half-and-half and egg. Reserve 2 tablespoons half-and-half mixture; add remaining to flour mixture along with chocolate, nuts, and cherries. Stir with a fork just until evenly moistened.

Scrape dough onto a floured surface and, with lightly floured hands, squeeze dough together into a ball. Pat dough out into a 7-inch round about 1 3/4 inches thick.

Cut into eight equal wedges.

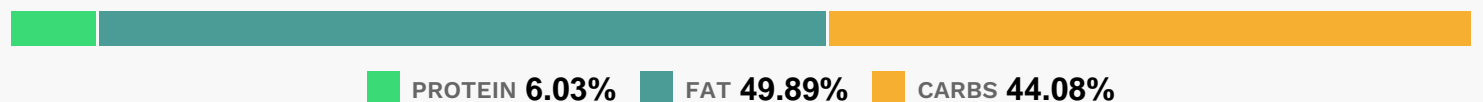
Place wedges 2 inches apart on a buttered or cooking parchment-lined 12- by 15-inch baking sheet.

Brush tops of wedges lightly with reserved half-and-half mixture (discard any remaining).

Bake scones in a 350 regular or convection oven until tops are browned, about 25 minutes.

Let cool about 10 minutes on baking sheet, then serve warm or let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:42.46, Glycemic Load:33.97, Inflammation Score:-6, Nutrition Score:12.026087014571%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 514.51kcal (25.73%), Fat: 29.25g (45%), Saturated Fat: 15.15g (94.71%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 54.75g (19.91%), Sugar: 17.91g (19.9%), Cholesterol: 78.6mg (26.2%), Sodium: 416.46mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.36mg (3.12%), Protein: 7.95g (15.9%), Manganese: 0.7mg (34.95%), Vitamin B1: 0.42mg (28.29%), Selenium: 18.76µg (26.8%), Folate: 91.96µg (22.99%), Vitamin B2: 0.34mg (19.82%), Vitamin A: 887.71IU (17.75%), Iron: 3.15mg (17.5%), Phosphorus: 152.64mg (15.26%), Vitamin B3: 2.96mg (14.81%), Fiber: 3.42g (13.66%), Calcium: 132.67mg (13.27%), Copper: 0.24mg (11.87%), Magnesium: 37.58mg (9.4%), Zinc: 1mg (6.67%), Vitamin E: 0.75mg (5.01%), Vitamin B5: 0.44mg (4.44%), Potassium: 153.41mg (4.38%), Vitamin B6: 0.06mg (2.92%), Vitamin K: 2.89µg (2.75%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.26µg (1.73%)