

Cherry-Oat Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 0.8 cup cherries dried unsweetened
- ☐ 0.3 cup brown sugar dark packed
- ☐ 8 servings greek yogurt and jam fat-free sugar-free for serving, optional
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup quick-cooking oats

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar for sprinkling, optional
- ☐ 4 tablespoons butter unsalted cold cut into small pieces
- ☐ 1 cup flour white all-purpose
- ☐ 1 cup flour whole-wheat

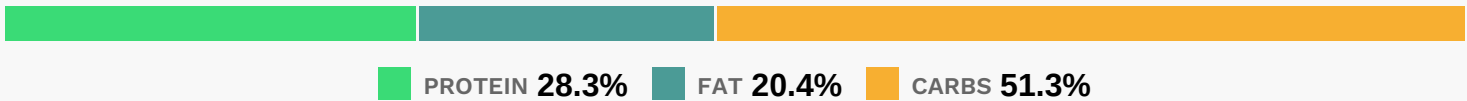
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375F.
- ☐ Place first 8 ingredients (through baking powder) in bowl of food processor. Pulse to combine.
- ☐ Add fruit and butter. Pulse again 15–20 times to form a sandy texture. Stir in buttermilk; pulse just enough to combine.
- ☐ Drop 8 spoonfuls (about 1/2 cup each) onto parchment-lined baking sheet. Dab cold water over surface of each scone to smooth.
- ☐ Sprinkle with about 1/2 tsp sugar, if desired.
- ☐ Serve with fat-free Greek yogurt and sugar-free jam.

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:13.9, Inflammation Score:-5, Nutrition Score:17.452173974203%

Flavonoids

Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg, Cyanidin: 3.91mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg,

Peonidin: 0.19mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg 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: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 364.83kcal (18.24%), Fat: 8.35g (12.85%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 44.45g (16.16%), Sugar: 19.52g (21.69%), Cholesterol: 28.35mg (9.45%), Sodium: 338.7mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.07g (52.15%), Selenium: 37.44µg (53.49%), Manganese: 1.01mg (50.57%), Phosphorus: 429.01mg (42.9%), Vitamin B2: 0.73mg (42.89%), Calcium: 363.87mg (36.39%), Vitamin B12: 1.55µg (25.83%), Vitamin B1: 0.29mg (19.17%), Magnesium: 65.64mg (16.41%), Folate: 53.18µg (13.29%), Potassium: 453.6mg (12.96%), Zinc: 1.86mg (12.4%), Fiber: 2.81g (11.23%), Vitamin B6: 0.22mg (11.1%), Vitamin B3: 2.2mg (11%), Iron: 1.94mg (10.78%), Vitamin B5: 1.01mg (10.14%), Copper: 0.16mg (7.9%), Vitamin A: 242.16IU (4.84%), Vitamin D: 0.5µg (3.3%), Vitamin E: 0.36mg (2.43%), Vitamin K: 1.35µg (1.28%), Vitamin C: 0.91mg (1.1%)