



## Chocolate Brownie Scones

READY IN



26 min.

SERVINGS



8

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 15 ml double-acting baking powder
- ☐ 3.5 oz bittersweet chocolate finely chopped
- ☐ 100 grams butter unsalted diced cold
- ☐ 114 grams cake flour
- ☐ 30 ml corn syrup might work too
- ☐ 1 large eggs
- ☐ 130 grams flour all-purpose
- ☐ 126 grams granulated sugar
- ☐ 0.3 cup heavy whipping cream divided

- ☐ 1.5 ml salt
- ☐ 8 servings sugar ) good for sprinkling (nuts would be too
- ☐ 114 grams chocolate unsweetened coarsely chopped
- ☐ 20 grams cocoa powder unsweetened
- ☐ 5 ml vanilla

## Equipment

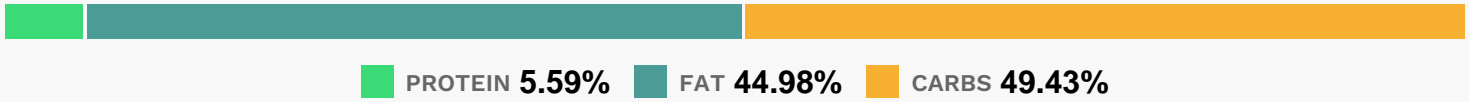
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ microwave

## Directions

- ☐ Preheat oven to 375 degrees F. and line a cookie sheet with parchment paper
- ☐ Melt the 4 oz unsweetened chocolate in microwave or in a small bowl set over barely simmering water; set aside.
- ☐ Combine both flours, sugar, cocoa powder, baking powder, and salt in bowl of food processor Pulse to mix.
- ☐ Add butter and pulse until mixture is a coarse meal. Dump into a mixing bowl.
- ☐ Whisk 1/3 cup of the cream, molasses, egg, and vanilla together in another bowl.
- ☐ Pour over the flour mixture.
- ☐ Pour the melted chocolate over the egg mixture, then mix until everything starts to come together – there will be flecks of unmixed flour mixture here and there, but don't overwork the dough by trying to mix them in. At this point, mix in the bittersweet chocolate
- ☐ Turn dough onto a lightly floured or parchment lined surface and divide in half. Shape each half into a 5 inch 1 ½ inch thick square.

- ☐
- Cut each square into four triangles. Carefully move the triangles to the baking sheet, setting them at least an inch apart.
- ☐
- Brush with reserved whipping cream and sprinkle with sugar.
- ☐
- Bake for 14–16 minutes. Cool at least 3 minutes on the baking sheet and then cool 3–4 minutes on a rack.

Nutrition Facts



Properties

Glycemic Index:49.15, Glycemic Load:36.3, Inflammation Score:-6, Nutrition Score:13.572174127011%

Flavonoids

Catechin: 10.79mg, Catechin: 10.79mg, Catechin: 10.79mg, Catechin: 10.79mg Epicatechin: 25.12mg, Epicatechin: 25.12mg, Epicatechin: 25.12mg, Epicatechin: 25.12mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 516.49kcal (25.82%), Fat: 27.36g (42.09%), Saturated Fat: 16.5g (103.14%), Carbohydrates: 67.65g (22.55%), Net Carbohydrates: 62.58g (22.76%), Sugar: 37.05g (41.17%), Cholesterol: 62.08mg (20.69%), Sodium: 310.84mg (13.51%), Alcohol: 0.19g (100%), Alcohol %: 0.19% (100%), Caffeine: 27.82mg (9.27%), Protein: 7.65g (15.3%), Manganese: 1.08mg (54.15%), Copper: 0.77mg (38.49%), Iron: 4.84mg (26.87%), Selenium: 16.27µg (23.24%), Magnesium: 90.36mg (22.59%), Fiber: 5.07g (20.27%), Phosphorus: 201.21mg (20.12%), Calcium: 154.17mg (15.42%), Zinc: 2.25mg (15%), Vitamin B1: 0.17mg (11.61%), Folate: 42.94µg (10.73%), Vitamin B2: 0.17mg (10.14%), Vitamin A: 498.39IU (9.97%), Potassium: 281.1mg (8.03%), Vitamin B3: 1.47mg (7.36%), Vitamin E: 0.65mg (4.31%), Vitamin K: 3.64µg (3.47%), Vitamin B5: 0.34mg (3.36%), Vitamin D: 0.47µg (3.14%), Vitamin B12: 0.12µg (1.92%), Vitamin B6: 0.04mg (1.9%)