



Chocolate Cherry Almond Scones

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 5 tablespoons sugar
- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 5 tablespoons butter cold
- 0.3 cup cherries dried chopped
- 0.3 cup baker's chocolate chopped
- 1 eggs

- 0.8 cup milk
- 0.5 teaspoon almond extract
- 1 teaspoon sugar
- 2 teaspoons almonds sliced

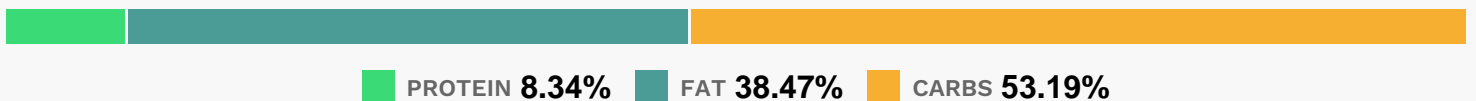
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender

Directions

- Heat oven to 450°F. Line cookie sheet with cooking parchment paper.
- In large bowl, mix flour, 5 tablespoons sugar, the baking powder and salt.
- Cut in butter, using pastry blender or fork, until mixture looks like coarse meal. Stir in cherries and chocolate. In small bowl, beat egg, 1/2 cup plus 3 tablespoons of the milk and the almond extract with whisk; add to flour mixture, stirring just until moistened. (Dough will be sticky.)
- On cookie sheet, pat dough with floured hands into 8-inch round.
- Cut round into 12 wedges, but do not separate.
- Brush dough with remaining 1 tablespoon milk; sprinkle with 1 teaspoon sugar and the almonds.
- Bake 15 minutes or until golden brown. Carefully separate wedges; serve warm.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:15.72, Inflammation Score:-3, Nutrition Score:5.3552174069311%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 172.78kcal (8.64%), Fat: 7.57g (11.64%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.37g (8.14%), Sugar: 6.57g (7.3%), Cholesterol: 28.01mg (9.34%), Sodium: 151.11mg (6.57%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.69g (7.38%), Manganese: 0.28mg (13.82%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.18mg (12%), Folate: 41.2µg (10.3%), Vitamin B2: 0.16mg (9.13%), Iron: 1.6mg (8.91%), Phosphorus: 72.34mg (7.23%), Vitamin B3: 1.32mg (6.59%), Copper: 0.13mg (6.54%), Calcium: 59.76mg (5.98%), Fiber: 1.16g (4.65%), Magnesium: 18.24mg (4.56%), Vitamin A: 192.13IU (3.84%), Zinc: 0.55mg (3.66%), Vitamin E: 0.38mg (2.52%), Potassium: 86.18mg (2.46%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.4%)