



Chocolate-Cherry-Almond Scones

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons almonds sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup bittersweet chocolate chopped
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cherries dried chopped
- ☐ 1 large eggs
- ☐ 0.8 cup skim milk fat-free divided
- ☐ 2 cups flour all-purpose

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar divided

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 5 tablespoons sugar, baking powder, and salt in a bowl; stir with a whisk.
- ☐ Cut in butter using a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cherries and chocolate.
- ☐ Combine egg, 1/2 cup plus 3 tablespoons milk, and almond extract, stirring well with a whisk.
- ☐ Add milk mixture to flour mixture, stirring just until moist. (Dough will be sticky.)
- ☐ Pat dough into an 8-inch circle with floured hands on a baking sheet lined with parchment paper.
- ☐ Cut dough into 12 equal wedges, cutting into but not through dough.
- ☐ Brush top of dough with remaining 1 tablespoon milk, and sprinkle with remaining 1 teaspoon sugar and almonds.
- ☐ Bake at 450 for 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:15.85, Inflammation Score:-3, Nutrition Score:5.007391281102%

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: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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: 177.74kcal (8.89%), Fat: 7.1g (10.92%), Saturated Fat: 4g (24.99%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 23.89g (8.69%), Sugar: 8.15g (9.05%), Cholesterol: 28.72mg (9.57%), Sodium: 152.01mg (6.61%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.14mg (1.05%), Protein: 3.65g (7.29%), Selenium: 9.07µg (12.96%), Vitamin B1: 0.18mg (11.83%), Manganese: 0.21mg (10.5%), Folate: 40.97µg (10.24%), Vitamin B2: 0.16mg (9.15%), Iron: 1.36mg (7.58%), Phosphorus: 72.79mg (7.28%), Vitamin B3: 1.31mg (6.57%), Calcium: 60.98mg (6.1%), Copper: 0.09mg (4.4%), Vitamin A: 203.18IU (4.06%), Fiber: 1g (4%), Magnesium: 15.73mg (3.93%), Zinc: 0.39mg (2.63%), Vitamin E: 0.39mg (2.57%), Potassium: 87.42mg (2.5%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.24mg (2.36%), Vitamin D: 0.25µg (1.68%), Vitamin B6: 0.03mg (1.45%)