

Chocolate-Cherry Valentine Scones

READY IN



30 min.

SERVINGS



9

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.3 cup butter cut into 8 pieces
- 0.5 cup cherries dried
- 1 eggs beaten
- 1.5 cups flour all-purpose
- 2 oz candy melts red
- 0.3 cup vanilla extract white
- 0.5 teaspoon salt
- 0.3 cup sugar

- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla
- 6 tablespoons whipping cream

Equipment

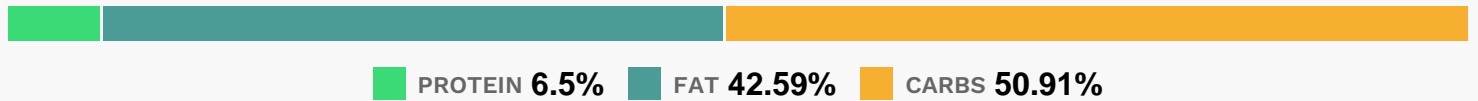
- bowl
- baking sheet
- oven
- wire rack
- blender
- cookie cutter
- ziploc bags
- microwave
- rolling pin

Directions

- Heat oven to 400F.
- In large bowl, stir together flour, sugar, cocoa, baking powder and salt. Using pastry blender (or pulling 2 table knives through mixture in opposite directions), cut in butter until mixture looks like fine crumbs. Stir in cherries until coated with flour mixture. Stir in whipping cream, vanilla and egg just until liquid is absorbed into flour mixture.
- Turn mixture out onto clean work surface; lightly knead 10 to 15 times or just until a dough forms. Using floured rolling pin or patting out with hands, roll dough into thick 15x2 1/2-inch rectangle.
- With 2 1/2-inch heart-shaped cookie cutter, cut 7 scones by placing cookie cutter in opposite directions directly on cut edge of previous heart.
- Place dough hearts about 2 inches apart on ungreased cookie sheet. Reroll dough scraps into 5x2 1/2-inch rectangle.
- Cut 2 additional heart shapes from remaining dough; place on cookie sheet.
- Bake 10 to 12 minutes or just until edges are set. Immediately remove from cookie sheet to cooling rack.

- In small resealable freezer plastic bag, place baking chips; seal bag. In another small resealable plastic bag, place red candy melts; seal bag. Microwave both filled bags on High 2 to 3 minutes, kneading bags twice, until chips and candy melts are melted.
- Cut off tiny bottom corner of each bag. Immediately squeeze bag with melted candy melts to drizzle melted candy over scones. Repeat with bag of melted baking chips.
- Let stand 10 minutes; serve warm.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:16.96, Inflammation Score:-5, Nutrition Score:6.2913043994618%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 266.03kcal (13.3%), Fat: 12.32g (18.95%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 30.75g (11.18%), Sugar: 13.77g (15.3%), Cholesterol: 47.56mg (15.85%), Sodium: 316.29mg (13.75%), Alcohol: 2.06g (100%), Alcohol %: 3.48% (100%), Caffeine: 7.33mg (2.44%), Protein: 4.23g (8.45%), Manganese: 0.28mg (14.02%), Selenium: 9.45µg (13.5%), Vitamin A: 622.56IU (12.45%), Vitamin B1: 0.17mg (11.4%), Folate: 42.09µg (10.52%), Iron: 1.75mg (9.72%), Vitamin B2: 0.16mg (9.51%), Fiber: 2.38g (9.51%), Calcium: 90.72mg (9.07%), Phosphorus: 88.08mg (8.81%), Copper: 0.16mg (8.02%), Vitamin B3: 1.34mg (6.69%), Magnesium: 22.96mg (5.74%), Zinc: 0.47mg (3.1%), Potassium: 98.25mg (2.81%), Vitamin E: 0.35mg (2.36%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.26µg (1.72%), Vitamin B6: 0.03mg (1.33%), Vitamin B12: 0.07µg (1.23%), Vitamin K: 1.07µg (1.01%)