

# Chocolate Peppermint Scones

READY IN



45 min.

SERVINGS



12

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 cup cocoa powder
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 ounces bittersweet chocolate melted
- 1 cup chocolate chips 60%
- 0.5 cup brown sugar packed
- 0.5 cup butter cold cubed
- 0.5 cup buttermilk
- 1 eggs

- 2 cups flour all-purpose
- 0.3 cup peppermint candies crushed
- 1 teaspoon peppermint extract
- 1 tablespoon sugar
- 6 ounces vanilla yogurt
- 0.5 cup pastry flour whole wheat

## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- In a large bowl, combine the first six ingredients.
- Cut in butter until mixture resembles coarse crumbs. In a small bowl, whisk the yogurt, buttermilk, egg and extract; add to crumb mixture just until moistened. Stir in chocolate chips.
- Turn onto a floured surface; knead 10 times. Divide dough in half; transfer each portion to a greased baking sheet. Pat into a 6-in. circle.
- Cut into six wedges, but do not separate.
- Sprinkle with coarse sugar.
- Bake at 400° for 18–20 minutes or until puffed and tops are cracked.
- Remove to wire racks; cool slightly.
- Drizzle with melted chocolate and sprinkle with peppermint candies.
- Serve warm.

## Nutrition Facts



**PROTEIN 7.24%** **FAT 41.85%** **CARBS 50.91%**

## Properties

Glycemic Index:26.51, Glycemic Load:12.52, Inflammation Score:-4, Nutrition Score:9.7104347834121%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 367.43kcal (18.37%), Fat: 17.58g (27.04%), Saturated Fat: 12.48g (77.97%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 44.73g (16.27%), Sugar: 22.18g (24.65%), Cholesterol: 36.22mg (12.07%), Sodium: 271.2mg (11.79%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 12.31mg (4.1%), Protein: 6.84g (13.69%), Manganese: 0.58mg (28.76%), Selenium: 14.24µg (20.35%), Calcium: 152.07mg (15.21%), Phosphorus: 150mg (15%), Vitamin B1: 0.22mg (14.71%), Copper: 0.28mg (14.22%), Fiber: 3.37g (13.49%), Iron: 2.36mg (13.08%), Vitamin B2: 0.22mg (12.65%), Folate: 48.78µg (12.19%), Magnesium: 47.97mg (11.99%), Zinc: 1.39mg (9.26%), Vitamin B3: 1.79mg (8.97%), Potassium: 281.36mg (8.04%), Vitamin A: 283.07IU (5.66%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.58mg (3.88%), Vitamin B6: 0.08mg (3.76%), Vitamin B12: 0.22µg (3.67%), Vitamin K: 2.46µg (2.34%), Vitamin D: 0.2µg (1.36%)