

Cinnamon Date Scones

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 5 tablespoons butter cold cubed
- 0.7 cup dates chopped
- 2 eggs lightly beaten
- 2 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 cup milk
- 0.5 teaspoon salt

4 tablespoons sugar divided

Equipment

bowl

baking sheet

oven

knife

wire rack

Directions

In a large bowl, combine the flour, 2 tablespoons sugar, baking powder and salt.

Cut in butter until the mixture resembles fine crumbs. Stir in dates.

Combine eggs and milk; stir into crumb mixture just until blended (dough will be soft).

Turn onto a lightly floured surface. Gently knead dough 10 times. Pat into a 9-in. x 6-in. rectangle. Using a floured knife, cut into six 3-in. squares; cut each square diagonally in half.

Place on a greased baking sheet.

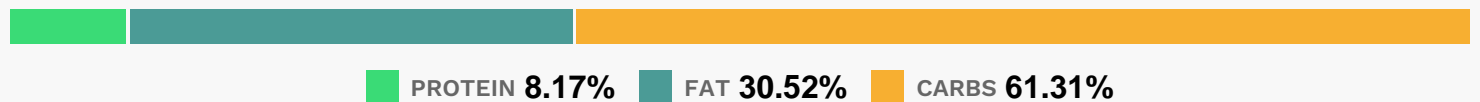
Combine the cinnamon and remaining sugar; sprinkle over scones.

Bake at 400° for 12–14 minutes or until lightly browned.

Remove to a wire rack.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:17.47, Inflammation Score:-3, Nutrition Score:4.8334782683979%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.19kcal (8.56%), Fat: 5.89g (9.07%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.4g (9.24%), Sugar: 9.58g (10.65%), Cholesterol: 40.63mg (13.54%), Sodium: 236.35mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Selenium: 9.77µg (13.96%), Vitamin B1: 0.17mg (11.65%), Folate: 43.3µg (10.83%), Vitamin B2: 0.15mg (9.05%), Manganese: 0.17mg (8.68%), Iron: 1.28mg (7.1%), Calcium: 69.64mg (6.96%), Phosphorus: 68.61mg (6.86%), Vitamin B3: 1.35mg (6.75%), Fiber: 1.24g (4.96%), Vitamin A: 197.29IU (3.95%), Vitamin B5: 0.28mg (2.84%), Potassium: 98mg (2.8%), Copper: 0.05mg (2.64%), Magnesium: 10.16mg (2.54%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.97%), Vitamin B12: 0.11µg (1.86%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.22µg (1.47%)