

Coconut Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter cold cut into chunks
- ☐ 0.3 cup smucker's cherry preserves
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup oats
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons sugar
- ☐ 0.5 cup coconut sweetened flaked

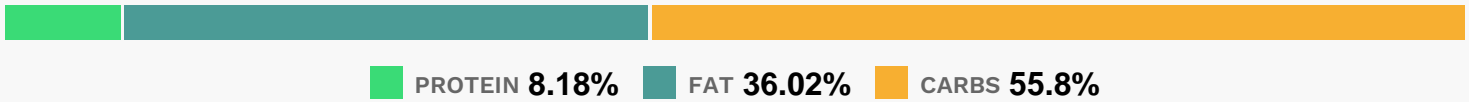
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ In a large bowl, mix flour, coconut, oats, 2 tablespoons sugar, baking powder, and salt. With your fingers or a pastry blender, rub or cut in butter until mixture forms coarse crumbs.
- ☐ In a small bowl, beat eggs and milk to blend. Stir all but about 1 tablespoon egg mixture into flour mixture just until evenly moistened.
- ☐ Scrape dough onto a lightly floured board and pat into an 8-inch round. Slide round onto a buttered 12- by 15-inch baking sheet and cut into 8 wedges, leaving wedges in place.
- ☐ Brush top of round with reserved egg mixture and sprinkle with remaining tablespoon sugar. Make a 1-inch-diameter depression on top of the wide end of each wedge and fill each with about 1/2 tablespoon jam.
- ☐ Bake in a 375 regular or convection oven until golden brown, 18 to 20 minutes. Recut scones to separate and serve warm, or transfer to a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:52.51, Glycemic Load:23.89, Inflammation Score:-4, Nutrition Score:7.8682608604431%

Nutrients (% of daily need)

Calories: 285.2kcal (14.26%), Fat: 11.46g (17.62%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.04g (13.83%), Sugar: 12.51g (13.9%), Cholesterol: 68.67mg (22.89%), Sodium: 282.47mg (12.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Selenium: 16.05µg (22.93%),

Manganese: 0.43mg (21.51%), Vitamin B1: 0.25mg (16.96%), Folate: 59.15µg (14.79%), Vitamin B2: 0.23mg (13.77%), Phosphorus: 121.97mg (12.2%), Iron: 1.95mg (10.83%), Calcium: 96.32mg (9.63%), Vitamin B3: 1.74mg (8.71%), Fiber: 1.89g (7.58%), Vitamin A: 328.57IU (6.57%), Magnesium: 19.93mg (4.98%), Copper: 0.1mg (4.76%), Vitamin B5: 0.44mg (4.45%), Zinc: 0.65mg (4.35%), Vitamin B12: 0.21µg (3.49%), Potassium: 117.66mg (3.36%), Vitamin D: 0.42µg (2.79%), Vitamin E: 0.41mg (2.72%), Vitamin B6: 0.05mg (2.58%), Vitamin C: 0.94mg (1.13%)