



Coconut Scones with Coconut Glaze

READY IN



40 min.

SERVINGS



20

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 2 cups coconut or shredded
- 0.3 teaspoon coconut extract
- 1 teaspoon coconut extract
- 0.5 cup confectioners' sugar
- 4 large eggs lightly beaten
- 4.3 cups flour all-purpose
- 0.3 cup granulated sugar plus more for sprinkling
- 2 cups pecans finely chopped

- 1 teaspoon salt
- 3 sticks butter unsalted cold cubed
- 1 cup coconut milk unsweetened
- 2 tablespoons coconut milk unsweetened
- 0.3 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- ice cream scoop

Directions

- Make the scones: Preheat the oven to 400 degrees. Line 2 baking sheets with parchment paper.
- Whisk the flour, baking powder, salt, granulated sugar and shredded coconut in a bowl. Beat in the butter with a mixer on low speed, then raise the speed to high and beat until the mixture is in coarse crumbles.
- Whisk the coconut milk, eggs and coconut extract in another bowl, then stir into the flour mixture until just combined. Stir in the pecans; do not overmix.
- Scoop 2-to-3-inch mounds of dough onto the prepared baking sheets (a large ice cream scoop works well for this).
- Sprinkle the tops with sugar and bake until golden brown, 15 to 17 minutes.
- Whisk the coconut milk, coconut and vanilla extracts and 1/2 cup confectioners' sugar in a bowl until smooth, adding more sugar as needed to thicken.
- Drizzle over the scones while still slightly warm.
- Photograph by Kate Mathis

Nutrition Facts

PROTEIN 5.74% FAT 64.16% CARBS 30.1%

Properties

Glycemic Index:12.85, Glycemic Load:16.81, Inflammation Score:-5, Nutrition Score:9.7008695524672%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 383.26kcal (19.16%), Fat: 27.99g (43.06%), Saturated Fat: 14.9g (93.11%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 26.87g (9.77%), Sugar: 6.94g (7.71%), Cholesterol: 73.64mg (24.55%), Sodium: 263.81mg (11.47%), Alcohol: 0.12g (100%), Alcohol %: 0.17% (100%), Protein: 5.63g (11.26%), Manganese: 0.88mg (43.76%), Selenium: 14.3µg (20.43%), Vitamin B1: 0.29mg (19.17%), Folate: 60.24µg (15.06%), Phosphorus: 128.83mg (12.88%), Iron: 2.21mg (12.3%), Copper: 0.24mg (11.93%), Vitamin B2: 0.2mg (11.68%), Fiber: 2.69g (10.75%), Vitamin A: 483.12IU (9.66%), Calcium: 94.54mg (9.45%), Vitamin B3: 1.85mg (9.23%), Magnesium: 27.29mg (6.82%), Zinc: 0.96mg (6.39%), Vitamin E: 0.69mg (4.61%), Potassium: 151.77mg (4.34%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.45µg (3.03%), Vitamin B6: 0.06mg (2.94%), Vitamin B12: 0.12µg (1.96%), Vitamin K: 1.67µg (1.59%)