



Coffee-Nut Scones

READY IN



45 min.

SERVINGS



10

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 large eggs lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2.5 tablespoons coffee granules instant
- ☐ 0.7 cup milk 1% low-fat
- ☐ 2 teaspoons milk 1% low-fat
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup stick margarine chilled cut into small pieces

- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons walnuts finely chopped

Equipment

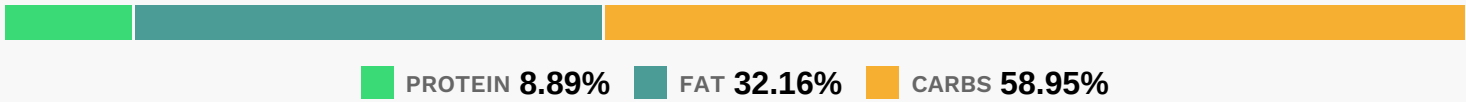
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Combine 2/3 cup milk and the coffee granules in a microwave-safe bowl. Microwave at high 1 minute; stir until coffee dissolves. Cover and chill completely. Stir in vanilla and egg.
- ☐ Preheat oven to 42
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 4 ingredients (flour through cinnamon) in a bowl; cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal. (The flour mixture and butter can also be combined in a food processor; pulse until mixture resembles coarse meal.) Stir in walnuts.
- ☐ Add milk mixture, stirring just until moist (dough will be sticky).
- ☐ Turn the dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 10 wedges; do not separate.
- ☐ Brush the dough with 2 teaspoons milk; sprinkle with 2 teaspoons sugar.
- ☐ Bake at 425 for 20 minutes or until browned.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.22, Glycemic Load:21.04, Inflammation Score:-4, Nutrition Score:6.5478259809315%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 213.83kcal (10.69%), Fat: 7.66g (11.78%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 30.59g (11.12%), Sugar: 8.51g (9.45%), Cholesterol: 19.44mg (6.48%), Sodium: 351.01mg (15.26%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Caffeine: 39.25mg (13.08%), Protein: 4.76g (9.53%), Selenium: 11.77µg (16.82%), Manganese: 0.33mg (16.4%), Vitamin B1: 0.24mg (16.22%), Folate: 57.16µg (14.29%), Vitamin B2: 0.19mg (11.45%), Vitamin B3: 2.07mg (10.36%), Phosphorus: 95mg (9.5%), Calcium: 94.07mg (9.41%), Iron: 1.65mg (9.19%), Vitamin A: 272.11IU (5.44%), Copper: 0.09mg (4.75%), Magnesium: 18.15mg (4.54%), Fiber: 0.99g (3.96%), Potassium: 124.76mg (3.56%), Zinc: 0.43mg (2.89%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.15µg (2.54%), Vitamin B6: 0.05mg (2.41%), Vitamin D: 0.28µg (1.89%), Vitamin E: 0.28mg (1.85%)