



Cranberry-Orange Scones

READY IN



35 min.

SERVINGS



12

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups corn flakes/bran flakes crushed
- ☐ 1.3 cups flour whole wheat
- ☐ 0.3 cup brown sugar packed
- ☐ 1.3 tsp orange zest grated
- ☐ 0.5 tsp baking soda
- ☐ 0.3 tsp salt
- ☐ 3 Tbsp butter firm
- ☐ 0.7 cup vanilla yogurt fat free 99% tbsp yoplait® (from 2-lb container)
- ☐ 0.5 cup cranberries dried

- ☐ 1 eggs slightly beaten
- ☐ 1 Tbsp granulated sugar

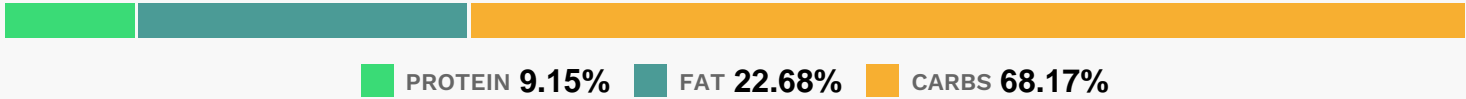
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 400°F.
- ☐ In medium bowl, mix flour, brown sugar, 1 tsp of the orange peel, the baking soda and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in 2/3 cup of the yogurt, the cranberries, egg and cereal, until soft dough forms.
- ☐ On lightly floured surface, gently roll dough in flour to coat; shape into ball. With floured hands, pat dough into 8-inch circle; cut into 12 wedges with sharp knife dipped in flour. On ungreased cookie sheet, place wedges 1 inch apart.
- ☐ Brush dough with remaining 1 Tbsp yogurt. In small bowl, mix granulated sugar and remaining 1/4 tsp orange peel; sprinkle over dough.
- ☐ Bake 7–9 min or until edges are light brown. Immediately remove scones from cookie sheet to cooling rack. Cool 5 min.
- ☐ Cut into wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:3.69, Inflammation Score:-5, Nutrition Score:8.3652173410291%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 143.37kcal (7.17%), Fat: 3.85g (5.92%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 23.18g (8.43%), Sugar: 12.29g (13.66%), Cholesterol: 14.32mg (4.77%), Sodium: 185.88mg (8.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Manganese: 0.76mg (38.21%), Selenium: 13.11µg (18.73%), Iron: 2.45mg (13.58%), Folate: 53.33µg (13.33%), Fiber: 2.85g (11.39%), Vitamin B1: 0.16mg (10.52%), Phosphorus: 101.63mg (10.16%), Vitamin B2: 0.16mg (9.48%), Vitamin B6: 0.18mg (9.05%), Magnesium: 35.78mg (8.94%), Vitamin B3: 1.79mg (8.93%), Vitamin B12: 0.44µg (7.36%), Vitamin A: 319.51IU (6.39%), Zinc: 0.83mg (5.51%), Copper: 0.09mg (4.73%), Calcium: 38.2mg (3.82%), Potassium: 126.29mg (3.61%), Vitamin B5: 0.29mg (2.86%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.29µg (1.96%)