



Double Apple-Walnut Scones

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup apples dried finely chopped
- 0.3 cup apple juice
- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 3 tablespoons butter cooled melted
- 0.5 cup currants dried
- 2 cups flour all-purpose
- 1 cup buttermilk low-fat
- 0.3 teaspoon salt

- 0.3 cup sugar
- 0.3 cup walnuts coarsely chopped

Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- microwave
- measuring cup

Directions

- Preheat oven to 35
- Place apple juice in a small microwave-safe bowl; microwave at HIGH for 3 minutes or until juice boils.
- Remove from microwave.
- Add currants and dried apple; let stand 15 minutes.
- Combine the buttermilk, sugar, margarine, and apple juice mixture in a large bowl. Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine the flour, walnuts, baking powder, baking soda, and salt; add to buttermilk mixture, stirring just until moist (dough will be sticky). Drop the dough into 12 rounds (about 1/4 cup) onto a baking sheet coated with cooking spray.
- Bake at 350 for 17 minutes or until golden.
- Place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.57, Glycemic Load:16.21, Inflammation Score:-3, Nutrition Score:5.0408695417902%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 164kcal (8.2%), Fat: 4.87g (7.49%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 26.44g (9.62%), Sugar: 10.01g (11.13%), Cholesterol: 0.8mg (0.27%), Sodium: 311.6mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Manganese: 0.26mg (12.99%), Vitamin B1: 0.19mg (12.7%), Selenium: 7.66µg (10.94%), Folate: 42.31µg (10.58%), Calcium: 94.6mg (9.46%), Vitamin B2: 0.15mg (8.84%), Phosphorus: 78.32mg (7.83%), Iron: 1.29mg (7.14%), Vitamin B3: 1.38mg (6.88%), Copper: 0.09mg (4.56%), Fiber: 1.13g (4.51%), Potassium: 122.42mg (3.5%), Magnesium: 13.69mg (3.42%), Vitamin A: 142.33IU (2.85%), Vitamin B6: 0.05mg (2.51%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.16mg (1.1%)