



Dried Cherry-Almond Scones

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup almonds toasted chopped
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup cherries dried
- 2 large eggs
- 500 g flour plain sifted
- 0.5 tsp salt

- 2 tbsp sugar
- 6 tablespoons butter unsalted cut into pieces
- 0.7 cup frangelico
- 0.7 cup frangelico

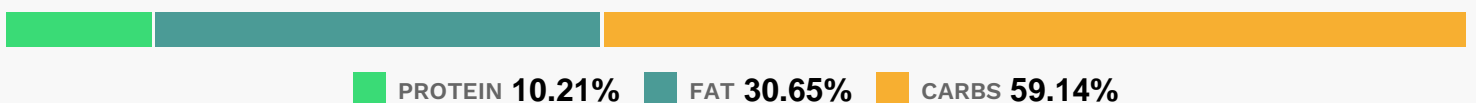
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender

Directions

- Preheat oven to 400 degree F. Stir together flour, 1/4 cup sugar, and next 3 ingredients in a large bowl; cut int butter with a pastry blender or fork until crumbly. Stir in cherries and almonds.
- Whisk together buttermilk, 1 egg, and almond extract; add to flour mixture, stirring with a fork just until dry ingredients are moistened and mixture forms a shaggy dough. Use floured hands to pat dough into a 1/2-inch thick, 10-x7-inch rectangle on a lightly floured surface; cut into 16 rectangles.
- Place scone dough on a parchment paper-lined baking sheet.
- Whisk together remaining egg and 1 teaspoon water.
- Brush scones with egg wash; sprinkle with remaining 1/4 cup sugar.
- Bake in preheated oven for 12 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:18.53, Inflammation Score:-5, Nutrition Score:7.1930434782609%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 84.65%, Saltiness: 48.97%, Sourness: 25.49%, Bitterness: 14.8%, Savoriness: 25.13%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 216.83kcal (10.84%), Fat: 7.39g (11.37%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.99g (10.9%), Sugar: 5.74g (6.38%), Cholesterol: 34.54mg (11.51%), Sodium: 197.73mg (8.6%), Protein: 5.54g (11.09%), Selenium: 12.76µg (18.23%), Vitamin B1: 0.26mg (17.15%), Manganese: 0.32mg (15.89%), Folate: 62.25µg (15.56%), Vitamin B2: 0.24mg (13.89%), Iron: 1.93mg (10.74%), Vitamin B3: 2.01mg (10.07%), Vitamin E: 1.35mg (9%), Vitamin A: 433.93IU (8.68%), Phosphorus: 85.32mg (8.53%), Fiber: 2.12g (8.47%), Calcium: 72.43mg (7.24%), Magnesium: 20.02mg (5%), Copper: 0.1mg (4.83%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.26mg (2.59%), Potassium: 76.46mg (2.18%), Vitamin B6: 0.03mg (1.53%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.06µg (1.08%)