



Dried Cherry Almond Scones

 Vegetarian

READY IN



43 min.

SERVINGS



6

CALORIES



898 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 sticks butter cold cut into pea size pieces
- ☐ 1 cup cherries dried
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 0.5 pint heavy cream cold

- ☐ 2 tablespoons honey
- ☐ 1 lemon zest
- ☐ 1 orange zest
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 6 servings sugar for garnishing

Equipment

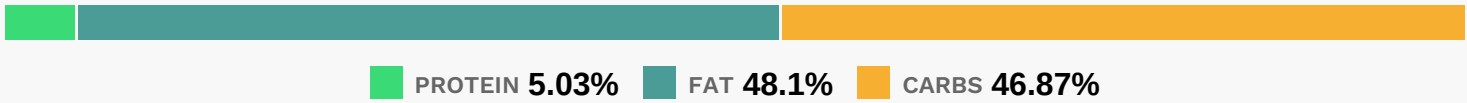
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a small bowl, combine the flour, sugar, baking powder, lemon zest, salt and cinnamon.
- ☐ Add in the butter and rub with your fingers into the dry ingredients until a coarse meal forms.
- ☐ Add in the cherries and almonds.
- ☐ Add the heavy cream and combine it into the butter flour mixture.
- ☐ Form the dough into a 1-inch thick disk and cut it into 6 wedges.
- ☐ Sprinkle each wedge generously with the turbinado sugar.
- ☐ Transfer the wedges to a parchment-lined sheet pan and bake in the preheated oven for 17 to 18 minutes, turning the pan halfway through.
- ☐ Serve warm with Honey Butter.
- ☐ In a stand mixer fitted with the whisk attachment, add all ingredients and whip on high speed until the cream starts to clump and turn light yellow. Continue mixing as butter forms and the buttermilk begins to separate out. Scrape sides and continue mixing until mixture is one lump of butter.

Place butter into a clean container or serving dish and store in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:59.06, Glycemic Load:61.37, Inflammation Score:-9, Nutrition Score:16.94608718416%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 897.67kcal (44.88%), Fat: 48.86g (75.17%), Saturated Fat: 28.54g (178.38%), Carbohydrates: 107.1g (35.7%), Net Carbohydrates: 102.13g (37.14%), Sugar: 52.76g (58.62%), Cholesterol: 127.71mg (42.57%), Sodium: 421.45mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin A: 2303.8IU (46.08%), Vitamin B1: 0.52mg (34.84%), Selenium: 23.85µg (34.08%), Manganese: 0.64mg (31.94%), Vitamin B2: 0.53mg (31.11%), Folate: 121.85µg (30.46%), Calcium: 218.7mg (21.87%), Iron: 3.88mg (21.58%), Vitamin E: 3.21mg (21.41%), Vitamin B3: 4.05mg (20.25%), Fiber: 4.97g (19.89%), Phosphorus: 190.29mg (19.03%), Magnesium: 40.55mg (10.14%), Copper: 0.18mg (9.2%), Vitamin D: 0.95µg (6.32%), Zinc: 0.87mg (5.83%), Potassium: 197.71mg (5.65%), Vitamin C: 4.41mg (5.34%), Vitamin B5: 0.51mg (5.1%), Vitamin K: 4.11µg (3.92%), Vitamin B6: 0.07mg (3.34%), Vitamin B12: 0.14µg (2.38%)