



WHATSheATE



## Fresh Orange Scones



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients



1.3 cups flour all-purpose



0.5 cup oats



3 tablespoons sugar



2 teaspoons double-acting baking powder



2 teaspoons orange zest grated



0.3 teaspoon salt



0.3 cup butter firm



1 eggs beaten

- ☐ 1 tablespoon orange juice
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons frangelico

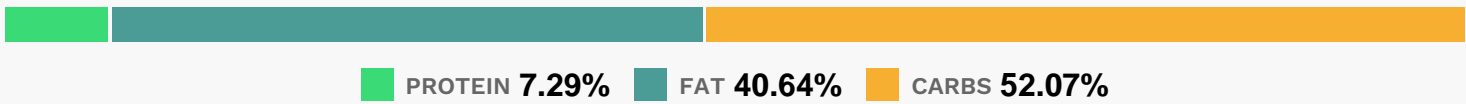
## Equipment

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

## Directions

- ☐ Heat oven to 400°F. In medium bowl, mix flour, oats, 3 tablespoons sugar, the baking powder, orange peel and salt.
- ☐ Cut in butter, using pastry blender or pulling 2 table knives through ingredients in opposite directions, until mixture looks like fine crumbs. Stir in egg and just enough half-and-half so dough leaves side of bowl.
- ☐ Place dough on lightly floured surface. Knead lightly 10 times. On ungreased cookie sheet, pat or roll into 7-inch circle, 1/2 inch thick.
- ☐ Cut into 6 wedges with sharp knife that has been dipped in flour, but do not separate wedges.
- ☐ Brush with orange juice; sprinkle with 1 tablespoon sugar.
- ☐ Bake 10 to 14 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:70.7, Glycemic Load:23.03, Inflammation Score:-5, Nutrition Score:7.2369564745737%

## Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.45kcal (12.72%), Fat: 11.6g (17.85%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 32.03g (11.65%), Sugar: 8.42g (9.35%), Cholesterol: 27.28mg (9.09%), Sodium: 368.42mg (16.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Manganese: 0.47mg (23.57%), Selenium: 13.44µg (19.2%), Vitamin B1: 0.25mg (16.56%), Folate: 54.44µg (13.61%), Phosphorus: 106.33mg (10.63%), Vitamin B2: 0.18mg (10.46%), Iron: 1.81mg (10.07%), Vitamin A: 499.17IU (9.98%), Calcium: 94.84mg (9.48%), Vitamin B3: 1.62mg (8.09%), Magnesium: 26.05mg (6.51%), Fiber: 1.42g (5.67%), Vitamin E: 0.53mg (3.56%), Copper: 0.07mg (3.52%), Zinc: 0.5mg (3.32%), Vitamin B5: 0.29mg (2.94%), Vitamin C: 2.35mg (2.85%), Potassium: 75mg (2.14%), Vitamin B6: 0.03mg (1.71%), Vitamin B12: 0.08µg (1.3%)