



Gingersnap Scones with Espresso Glaze

READY IN



45 min.

SERVINGS



10

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.3 cup gingersnaps crushed finely (6 cookies,)
- 1.5 teaspoons coffee granules instant
- 0.5 cup buttermilk low-fat
- 0.3 cup butter chilled cut into small pieces
- 0.8 cup powdered sugar sifted

- 0.3 teaspoon salt
- 0.3 cup sugar
- 10 walnut halves
- 1 tablespoon water hot

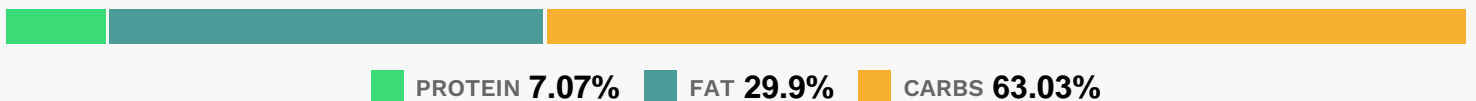
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat oven to 40
- Combine the first 6 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until the mixture resembles coarse meal.
- Add buttermilk and egg, stirring just until moist (dough will be sticky).
- Turn dough out onto a lightly floured surface; with floured hands, knead lightly 4 times. Pat dough into a 10-inch circle on a baking sheet coated with cooking spray.
- Cut dough into 10 wedges, cutting into, but not through, dough.
- Bake at 400 for 15 minutes or until golden.
- Combine hot water and coffee granules in a medium bowl; stir well.
- Add powdered sugar; stir well.
- Drizzle over scones.
- Cut into 10 wedges; top each with 1 walnut half.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:15.75, Inflammation Score:-3, Nutrition Score:5.1056521489568%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 214.04kcal (10.7%), Fat: 7.18g (11.04%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 33.26g (12.09%), Sugar: 15.06g (16.73%), Cholesterol: 19.08mg (6.36%), Sodium: 273.61mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.71mg (1.57%), Protein: 3.82g (7.64%), Selenium: 9.54µg (13.62%), Manganese: 0.27mg (13.32%), Vitamin B1: 0.19mg (12.72%), Folate: 47.46µg (11.86%), Vitamin B2: 0.17mg (9.74%), Iron: 1.43mg (7.94%), Vitamin B3: 1.46mg (7.3%), Phosphorus: 68.43mg (6.84%), Calcium: 61.6mg (6.16%), Vitamin A: 244.67IU (4.89%), Copper: 0.08mg (3.92%), Fiber: 0.79g (3.15%), Magnesium: 12.12mg (3.03%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.35mg (2.32%), Potassium: 75.23mg (2.15%), Vitamin E: 0.3mg (1.98%), Vitamin B6: 0.04mg (1.81%), Vitamin B12: 0.08µg (1.28%)