



Glazed Apricot Scones

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon almonds toasted sliced
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 3.5 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup apricots dried minced
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 2 tablespoons honey

- ☐ 0.5 cup milk 1% low-fat
- ☐ 2 teaspoons milk 1% low-fat
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients in a large bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in apricots.
- ☐ Combine 1/2 cup milk, egg, and honey in a small bowl.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times with floured hands. Pat dough into a 7-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 10 wedges, cutting into, but not through, dough.
- ☐ Bake at 375 for 20 minutes or until lightly browned.
- ☐ Remove to a wire rack; cool 10 minutes.
- ☐ Combine powdered sugar and 2 teaspoons milk, stirring until smooth.
- ☐ Drizzle over warm scones and sprinkle with almonds.

Nutrition Facts



 **PROTEIN 7.97%**  **FAT 23.62%**  **CARBS 68.41%**

Properties

Glycemic Index:38.28, Glycemic Load:18.35, Inflammation Score:-4, Nutrition Score:5.7647826367098%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 200.9kcal (10.04%), Fat: 5.34g (8.22%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 33.7g (12.25%), Sugar: 14.79g (16.44%), Cholesterol: 29.77mg (9.93%), Sodium: 208.99mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Selenium: 10.55µg (15.07%), Vitamin B1: 0.21mg (13.9%), Folate: 49.46µg (12.37%), Vitamin B2: 0.18mg (10.81%), Manganese: 0.21mg (10.46%), Calcium: 88.06mg (8.81%), Iron: 1.53mg (8.52%), Vitamin B3: 1.65mg (8.25%), Phosphorus: 81.22mg (8.12%), Vitamin A: 330.72IU (6.61%), Fiber: 1.13g (4.51%), Vitamin E: 0.63mg (4.18%), Copper: 0.07mg (3.36%), Potassium: 115.34mg (3.3%), Magnesium: 12.18mg (3.04%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.13µg (2.18%), Vitamin B6: 0.04mg (1.8%), Vitamin D: 0.24µg (1.61%)