



Gluten and Sugar-Free Lemon and Poppy Seed Scones

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 cups almond flour (1 lb / 454 g)
- 1.5 teaspoons double-acting baking powder
- 3 eggs (5.25 oz / 149 g)
- 0.5 cup juice of lemon fresh (4 oz / 113 g)
- 3 tablespoons lemon zest grated
- 0.3 teaspoon liquid stevia
- 1 tablespoon poppy seeds

- 0.3 teaspoon salt
- 0.3 cup butter salted melted (2 oz / 57 g)
- 1.3 cups stevia powder raw
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack

Directions

- Position 2 oven racks in the middle of the oven. Preheat the oven to 350°F (177°C). Line 2 baking sheets with parchment paper or silicone mats or lightly mist them with spray oil.
- In a medium bowl, combine the almond flour, Splenda, baking powder, salt, and poppy seeds and whisk until well mixed. In a large bowl, whisk the eggs, lemon juice, butter, lemon zest, vanilla, and liquid stevia together until thoroughly blended.
- Add the flour mixture and stir with a large spoon for 1 to 2 minutes to make a thick, sticky batter that will hold its shape when dropped from a spoon
- Drop the batter onto the prepared pans, using 2 heaping tablespoons of batter per scone and spacing them 2 inches apart.
- Bake for 10 minutes, then rotate the pans and switch racks and bake for about 10 more minutes, until the scones are golden brown and firm to the touch.
- Immediately transfer the scones to a wire rack and let cool for at least 10 minutes before serving.

Nutrition Facts



PROTEIN 12.76% **FAT 71.36%** **CARBS 15.88%**

Properties

Glycemic Index:7.35, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.1534782751747%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.78kcal (8.09%), Fat: 14.22g (21.88%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.07g (1.18%), Cholesterol: 30.65mg (10.22%), Sodium: 88.75mg (3.86%), Alcohol: 0.14g (100%), Alcohol %: 0.42% (100%), Protein: 5.72g (11.44%), Fiber: 2.58g (10.31%), Calcium: 77.15mg (7.71%), Iron: 1.05mg (5.85%), Vitamin C: 3.53mg (4.27%), Selenium: 2.13µg (3.04%), Phosphorus: 24.86mg (2.49%), Vitamin A: 107.37IU (2.15%), Vitamin B2: 0.03mg (1.98%), Manganese: 0.03mg (1.69%), Folate: 4.89µg (1.22%), Vitamin B5: 0.12mg (1.17%), Vitamin B12: 0.06µg (1.06%), Vitamin E: 0.15mg (1.03%)