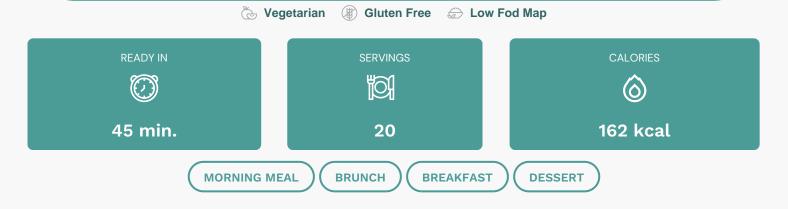


Gluten and Sugar-Free Lemon and Poppy Seed Scones



Ingredients

1
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

4 cups almond flour (1 lb / 454 g)

	0.3 teaspoon salt	
	0.3 cup butter salted melted (2 oz / 57 g)	
	1.3 cups stevia powder raw	
	2 teaspoons vanilla extract	
Εq	uipment	
	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: O.3mg, Eriodictyol: O.3mg, Eriodictyol: O.3mg, Eriodictyol: O.3mg Hesperetin: O.88mg, Hesperetin: O.88mg, Hesperetin: O.88mg, Naringenin: O.08mg, Naringenin: O.08mg, Naringenin: O.08mg, Naringenin: O.02mg, Quercetin: O.02mg, Quercetin: O.02mg, Quercetin: O.02mg, Quercetin: O.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%)