



## Hazelnut Chocolate Chip Scones

READY IN



35 min.

SERVINGS



8

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1.5 teaspoons almond extract
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.5 cup buttermilk
- 1 eggs
- 2 cups flour all-purpose
- 0.5 cup hazelnuts chopped
- 0.3 teaspoon salt

- 1 cup semi chocolate chips
- 6 tablespoons butter unsalted chilled

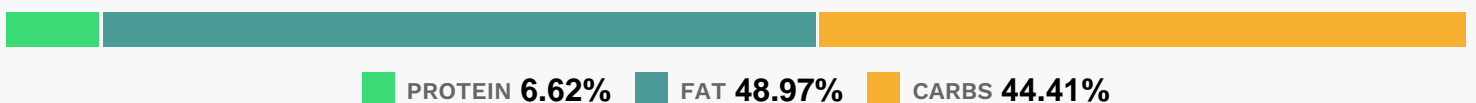
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- serrated knife

## Directions

- Preheat oven to 400 degrees F (205 degrees C). Lightly butter a 9 inch diameter circle in the center of a baking sheet.
- In a large bowl, stir together flour, brown sugar, baking powder, baking soda, and salt.
- Cut the butter into 1/2 inch cubes, and distribute evenly over flour mixture. With a pastry blender or two knives, cut butter into the flour mixture. Stir together buttermilk, egg, and extract; add to the flour mixture, and stir to combine. Stir in the chocolate chips and hazelnuts. The dough will be sticky.
- Spread the dough into an 8 inch diameter circle on the baking sheet.
- Cut with a serrated knife into 8 wedges.
- Bake for 17 to 19 minutes, or until the top is lightly browned. Cool on baking sheet for 5 minutes.
- Transfer scones to the wire rack to cool, and cut into wedges.
- Serve warm, or cool completely and store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:26.63, Glycemic Load:17.75, Inflammation Score:-5, Nutrition Score:12.247826122719%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 420.97kcal (21.05%), Fat: 23.02g (35.42%), Saturated Fat: 11.19g (69.94%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 43.59g (15.85%), Sugar: 18.41g (20.46%), Cholesterol: 46.03mg (15.35%), Sodium: 250.8mg (10.9%), Alcohol: 0.26g (100%), Alcohol %: 0.32% (100%), Caffeine: 19.35mg (6.45%), Protein: 7.01g (14.01%), Manganese: 0.98mg (49.24%), Copper: 0.47mg (23.46%), Selenium: 15.12µg (21.61%), Vitamin B1: 0.31mg (20.71%), Iron: 3.48mg (19.31%), Folate: 69.4µg (17.35%), Phosphorus: 157mg (15.7%), Magnesium: 62.19mg (15.55%), Fiber: 3.37g (13.49%), Vitamin B2: 0.23mg (13.48%), Vitamin B3: 2.2mg (11.02%), Vitamin E: 1.59mg (10.59%), Calcium: 101.84mg (10.18%), Zinc: 1.14mg (7.6%), Potassium: 255.84mg (7.31%), Vitamin A: 329.6IU (6.59%), Vitamin B5: 0.44mg (4.38%), Vitamin B6: 0.08mg (4.13%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.46µg (3.08%), Vitamin B12: 0.18µg (2.94%)