



Heart-Shaped Dried Cherry and Chocolate Chip Scones

READY IN



45 min.

SERVINGS



12

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 7 tablespoons butter unsalted diced chilled
- 0.7 cup buttermilk chilled
- 0.8 cup cherries dried coarsely chopped
- 1 large egg yolk
- 12 servings milk (for glaze)

- 1 teaspoon orange zest packed grated ()
- 0.5 teaspoon salt
- 0.8 cup semisweet chocolate chips miniature
- 0.3 cup sugar
- 2 cups unbleached all purpose flour
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- cookie cutter

Directions

- Butter and flour baking sheet.
- Whisk 2 cups flour, 1/3 cup sugar, baking powder, baking soda, and salt in large bowl.
- Add butter and grated orange peel; rub in with fingertips until coarse meal forms.
- Mix in chocolate chips and dried cherries.
- Whisk buttermilk, egg yolk, vanilla extract, and almond extract in small bowl to blend.
- Add buttermilk mixture to dry ingredients; stir with fork until dough comes together in moist clumps. Gather dough into ball. Press out dough on lightly floured surface to 3/4-inch thickness. Using 2-inch heart-shaped cookie cutter, cut out scones. Gather scraps, press out dough and cut out additional scones.
- Transfer to baking sheet, spacing 1 inch apart. (Can be made 1 day ahead. Cover; chill.)
- Preheat oven to 400°F.
- Brush scones lightly with milk; sprinkle with remaining 2 tablespoons sugar.
- Bake until scones are crusty on top and tester inserted into center comes out clean, about 15 minutes (or up to 20 minutes if refrigerated).
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 11.61% FAT 46.51% CARBS 41.88%

Properties

Glycemic Index:21.09, Glycemic Load:8.76, Inflammation Score:-6, Nutrition Score:14.437826166982%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 407.59kcal (20.38%), Fat: 21.15g (32.54%), Saturated Fat: 12.42g (77.6%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 40.91g (14.87%), Sugar: 24.59g (27.32%), Cholesterol: 64.49mg (21.5%), Sodium: 288.12mg (12.53%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Caffeine: 12.72mg (4.24%), Protein: 11.88g (23.75%), Calcium: 352.67mg (35.27%), Phosphorus: 335.38mg (33.54%), Vitamin B2: 0.48mg (28.5%), Vitamin B12: 1.45µg (24.12%), Vitamin B1: 0.32mg (21.1%), Selenium: 14.35µg (20.49%), Vitamin D: 3.06µg (20.38%), Manganese: 0.36mg (17.85%), Magnesium: 62.58mg (15.65%), Potassium: 513.95mg (14.68%), Vitamin A: 655.82IU (13.12%), Vitamin B5: 1.17mg (11.66%), Copper: 0.23mg (11.44%), Iron: 2.02mg (11.22%), Zinc: 1.64mg (10.91%), Folate: 41.5µg (10.38%), Vitamin B6: 0.18mg (8.88%), Vitamin B3: 1.64mg (8.21%), Fiber: 1.94g (7.78%), Vitamin E: 0.5mg (3.33%), Vitamin K: 2.66µg (2.54%), Vitamin C: 0.83mg (1.01%)