



WHATSheATE



"Light as a Feather" Scones



Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.8 cup vanilla yogurt reduced-fat
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons butter unsalted cubed
- ☐ 1 teaspoon vanilla extract

☐ 1 tablespoon sugar white

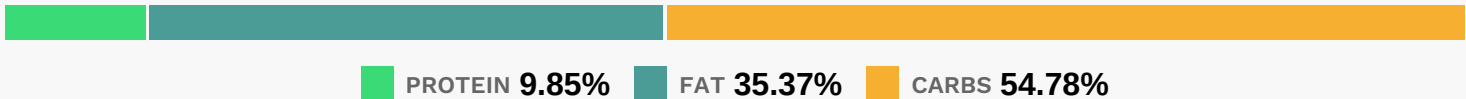
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a baking sheet with cooking spray.
- ☐ Mix flour, 1/4 cup sugar, baking powder, and salt in a bowl.
- ☐ Add butter and mix with fingers until coarse crumbs form. Gently mix yogurt, egg, and vanilla extract into flour mixture until dough is just combined.
- ☐ Turn the dough out onto a lightly floured surface and knead briefly, for five or six turns. Pat or roll the dough out into a 1-inch thick round.
- ☐ Cut into 8 wedges and place onto the prepared baking sheet.
- ☐ Brush each wedge with milk and sprinkle with remaining 1 tablespoon sugar.
- ☐ Bake in the preheated oven until lightly browned, about 15 minutes.
- ☐ Serve warm or cool completely and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:18.46, Inflammation Score:-4, Nutrition Score:6.3443478643894%

Nutrients (% of daily need)

Calories: 212.48kcal (10.62%), Fat: 8.28g (12.74%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 28g (10.18%), Sugar: 4.93g (5.48%), Cholesterol: 40.65mg (13.55%), Sodium: 151mg (6.57%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 5.19g (10.38%), Selenium: 13.54µg (19.34%), Vitamin B1: 0.26mg (17.25%), Folate: 62.56µg (15.64%), Vitamin B2: 0.23mg (13.65%), Manganese: 0.22mg (10.87%), Vitamin B3: 1.88mg (9.41%), Phosphorus: 90.63mg (9.06%), Iron: 1.62mg (9.01%), Calcium: 80.95mg (8.09%), Vitamin A: 261.28IU (5.23%), Vitamin B5: 0.36mg (3.65%), Fiber: 0.84g (3.38%), Zinc: 0.5mg (3.31%), Vitamin B12: 0.2µg

(3.26%), Magnesium: 11.81mg (2.95%), Potassium: 97.13mg (2.78%), Copper: 0.05mg (2.7%), Vitamin E: 0.28mg (1.9%), Vitamin B6: 0.04mg (1.75%), Vitamin D: 0.26µg (1.75%)