



Low-Fat Savory Scones

 Vegetarian

READY IN



30 min.

SERVINGS



22

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 0.3 cup milk fat free
- ☐ 1 measure 3 cup gelatin free non-fat yogurt plain dry
- ☐ 0.3 cup chickpea flour (Besan)
- ☐ 0.5 teaspoon garam masala powder

- ☐ 0.3 cup bell pepper green minced
- ☐ 2 tablespoons green onions minced
- ☐ 2 teaspoons oil
- ☐ 0.3 cup bell pepper red minced
- ☐ 0.3 cup flour whole wheat

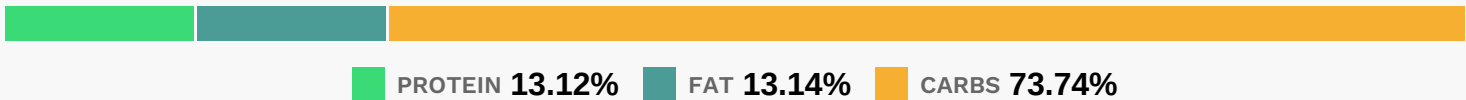
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 400F for 15 minutes. Line baking sheet with parchment paper and set aside.
- ☐ Heat oil in a skillet over medium heat.
- ☐ Add the bell peppers, salt and Garam Masala powder; cook until tender. Set aside.In a large mixing bowl, sift together the flours, baking powder, baking soda, salt and chili powder.
- ☐ Add the cooked peppers.Then add yogurt, milk green onions and cilantro; stir to from sticky dough.Drop dough by rounded tablespoonfuls onto prepared baking sheet. Spray tops lightly with non stick cooking spray.
- ☐ Place in oven and reduce heat to 375F immediately.
- ☐ Bake 13-15 minutes or until golden brown. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:3.31, Inflammation Score:-2, Nutrition Score:2.0713043277678%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 32.51kcal (1.63%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.62g (2.04%), Sugar: 0.53g (0.59%), Cholesterol: 0.15mg (0.05%), Sodium: 57.36mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin C: 4.87mg (5.91%), Manganese: 0.1mg (5.07%), Selenium: 2.92µg (4.18%), Vitamin B1: 0.06mg (3.83%), Folate: 13.04µg (3.26%), Calcium: 27.15mg (2.72%), Phosphorus: 25.45mg (2.54%), Vitamin B2: 0.04mg (2.54%), Vitamin B3: 0.45mg (2.24%), Vitamin K: 2.28µg (2.17%), Vitamin A: 104.58IU (2.09%), Iron: 0.37mg (2.07%), Fiber: 0.41g (1.65%), Vitamin B6: 0.02mg (1.18%), Magnesium: 4.67mg (1.17%)