



Maple-Nut Scones

READY IN



40 min.

SERVINGS



8

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 tablespoons flour all-purpose
- 2 tablespoons granulated sugar
- 2 tablespoons nuts finely chopped toasted
- 2 tablespoons butter firm
- 2 cups flour all-purpose
- 2 tablespoons brown sugar packed
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup butter firm

- 0.5 cup nuts coarsely chopped toasted
- 0.3 cup maple syrup pure
- 1 eggs
- 2 tablespoons milk
- 1 serving milk

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 400°F (375°F for dark or nonstick cookie sheet). In small bowl, mix 3 tablespoons flour, the granulated sugar and 2 tablespoons nuts.
- Cut in 2 tablespoons butter, using pastry blender or fork, until crumbly; set aside.
- In large bowl, mix 2 cups flour, the brown sugar, baking powder and salt.
- Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in 1/2 cup nuts. Stir in maple syrup, egg and just enough of the 2 tablespoons milk so dough leaves side of bowl and starts to form a ball.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Pat or roll into 8-inch circle on ungreased cookie sheet.
- Brush with additional milk.
- Sprinkle with topping.
- Cut into 8 wedges, but do not separate.
- Bake 15 to 18 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- Serve warm.

Nutrition Facts

PROTEIN 7.25% FAT 48.22% CARBS 44.53%

Properties

Glycemic Index:60.49, Glycemic Load:25.62, Inflammation Score:-6, Nutrition Score:11.106956494567%

Nutrients (% of daily need)

Calories: 407.59kcal (20.38%), Fat: 22.12g (34.03%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 44g (16%), Sugar: 15.7g (17.45%), Cholesterol: 24.57mg (8.19%), Sodium: 370.43mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.97%), Manganese: 0.77mg (38.44%), Vitamin B2: 0.44mg (25.95%), Vitamin B1: 0.32mg (21.49%), Selenium: 13.94µg (19.92%), Folate: 70.88µg (17.72%), Phosphorus: 158.39mg (15.84%), Vitamin A: 719.59IU (14.39%), Calcium: 139.62mg (13.96%), Vitamin B3: 2.61mg (13.05%), Iron: 2.25mg (12.5%), Magnesium: 42.03mg (10.51%), Copper: 0.2mg (10.11%), Fiber: 1.96g (7.83%), Zinc: 0.98mg (6.55%), Potassium: 205.95mg (5.88%), Vitamin B5: 0.52mg (5.19%), Vitamin E: 0.64mg (4.29%), Vitamin B12: 0.25µg (4.19%), Vitamin B6: 0.08mg (4.1%), Vitamin D: 0.49µg (3.24%)