



## Maple-Nut Scones

READY IN



40 min.

SERVINGS



8

CALORIES



536 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons brown sugar packed
- 0.5 cup butter firm
- 2 tablespoons butter firm
- 1 eggs
- 2 cups flour all-purpose
- 3 tablespoons flour all-purpose
- 2 tablespoons granulated sugar
- 0.3 cup maple syrup pure

- 2 tablespoons milk
- 8 servings milk
- 0.5 cup nuts coarsely chopped toasted
- 2 tablespoons nuts finely chopped toasted
- 0.3 teaspoon salt

## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Heat oven to 400F (375F 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 10.69% FAT 48.05% CARBS 41.26%

## Properties

Glycemic Index:60.49, Glycemic Load:29.41, Inflammation Score:-7, Nutrition Score:18.04391288401%

## Nutrients (% of daily need)

Calories: 535.69kcal (26.78%), Fat: 28.95g (44.54%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 55.93g (18.64%), Net Carbohydrates: 53.97g (19.62%), Sugar: 25.97g (28.86%), Cholesterol: 50.19mg (16.73%), Sodium: 451.56mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Vitamin B2: 0.74mg (43.28%), Calcium: 402.23mg (40.22%), Manganese: 0.78mg (38.87%), Phosphorus: 374.03mg (37.4%), Vitamin B1: 0.44mg (29.46%), Selenium: 18µg (25.71%), Vitamin B12: 1.4µg (23.41%), Vitamin A: 1065.46IU (21.31%), Vitamin D: 2.84µg (18.9%), Folate: 70.88µg (17.72%), Magnesium: 67.65mg (16.91%), Potassium: 526.2mg (15.03%), Vitamin B3: 2.83mg (14.17%), Vitamin B5: 1.32mg (13.15%), Iron: 2.25mg (12.5%), Zinc: 1.86mg (12.38%), Vitamin B6: 0.21mg (10.62%), Copper: 0.2mg (10.22%), Fiber: 1.96g (7.83%), Vitamin E: 0.75mg (5%)