



Maple-Oatmeal Scones

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

14

CALORIES

calories

506 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 pound butter unsalted diced cold
- ☐ 0.5 cup buttermilk cold
- ☐ 1.3 cups confectioners' sugar
- ☐ 1 eggs with 1 tablespoon milk or water, for egg wash beaten
- ☐ 4 extra large eggs lightly beaten
- ☐ 3.5 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar

- ☐ 0.5 cup maple syrup pure
- ☐ 1 cup quick-cooking oats for sprinkling
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 cup flour whole-wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ rolling pin

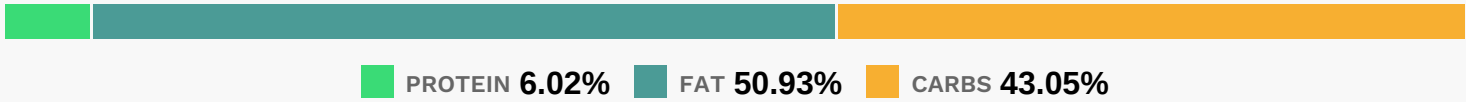
Directions

- ☐ Preheat the oven to 400 degrees F. In the bowl of an electric mixer fitted with a paddle attachment, combine the flours, oats, baking powder, sugar and salt. Blend the cold butter in at the lowest speed and mix until the butter is in pea-size pieces.
- ☐ Combine the buttermilk, maple syrup and eggs and add quickly to the flour-and-butter mixture.
- ☐ Mix until just blended. The dough may be sticky.
- ☐ Dump the dough out onto a well-floured surface and be sure it is combined. Flour your hands and a rolling pin and roll the dough 3/4 to 1 inch thick. You should see lumps of butter in the dough.
- ☐ Cut into 3-inch rounds with a plain or fluted cutter and place on a baking sheet lined with parchment paper.
- ☐ Brush the tops with egg wash.
- ☐ Bake for 20 to 25 minutes, until the tops are crisp and the insides are done.
- ☐ To make the glaze, combine the confectioners' sugar, maple syrup and vanilla. When the scones are done, cool for 5 minutes and drizzle each scone with 1 tablespoon of the glaze. I like to sprinkle some uncooked oats on the top, for garnish. The warmer the scones are when

you glaze them, the thinner the glaze will be.

 Photograph by Quentin Bacon

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:24.05, Inflammation Score:-6, Nutrition Score:12.853913110235%

Nutrients (% of daily need)

Calories: 505.94kcal (25.3%), Fat: 29.01g (44.63%), Saturated Fat: 17.46g (109.1%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 52.87g (19.22%), Sugar: 19.82g (22.02%), Cholesterol: 130.12mg (43.37%), Sodium: 551.54mg (23.98%), Alcohol: 0.1g (100%), Alcohol %: 0.1% (100%), Protein: 7.72g (15.44%), Manganese: 1.08mg (54.18%), Selenium: 23.49µg (33.56%), Vitamin B2: 0.42mg (24.88%), Vitamin B1: 0.34mg (22.62%), Vitamin A: 910.98IU (18.22%), Folate: 71.73µg (17.93%), Phosphorus: 175.19mg (17.52%), Calcium: 150.59mg (15.06%), Iron: 2.53mg (14.05%), Vitamin B3: 2.36mg (11.81%), Magnesium: 40.62mg (10.15%), Fiber: 2.31g (9.23%), Vitamin E: 1.05mg (6.97%), Zinc: 0.98mg (6.52%), Vitamin D: 0.92µg (6.12%), Copper: 0.12mg (6.11%), Vitamin B5: 0.54mg (5.43%), Potassium: 153.67mg (4.39%), Vitamin B6: 0.09mg (4.29%), Vitamin B12: 0.24µg (3.95%), Vitamin K: 2.78µg (2.65%)