



Maple-Pecan Scones

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



791 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 8 servings splash of strongly coffee brewed
- 1 pound confectioners' sugar
- 1 large eggs
- 3 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.8 cup heavy cream
- 2 teaspoons maple extract

- 0.3 cup pecans plus more for sprinkling
- 0.5 teaspoon salt
- 1 Dash salt
- 0.5 pound butter unsalted chilled (2 sticks)
- 4 tablespoons butter unsalted melted ()
- 0.3 cup milk whole

Equipment

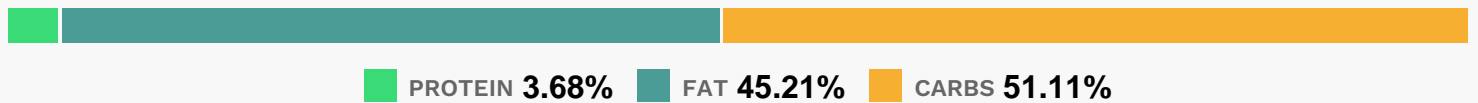
- bowl
- frying pan
- baking sheet
- oven
- knife
- mixing bowl
- rolling pin
- cutting board

Directions

- Preheat the oven to 350 degrees F. In a large bowl, stir together the flour, granulated sugar, baking powder and salt.
- Cut the cold butter into small pieces.
- Cut the butter into the flour until the mixture resembles crumbs.
- Now finely chop the pecans and stir them into the flour mixture.
- Mix the egg and cream together.
- Add the mixture to the bowl and stir until just combined.
- Turn the mixture onto a cutting board. The dough will be very crumbly, but do not let your heart be troubled. With your hands, push the mixture together into a large ball. Do not knead or press too much; you want to leave that gluten alone!
- With a rolling pin, very gently roll out the dough into a 10-inch round, about 3/4 inch thick. With a sharp knife, cut the round into 8 equal-size wedges.

- Transfer the wedges to a baking sheet lined with a Silpat baking mat. (Or just spray the pan with cooking spray; either one will work!)
- Bake the scones for 22 to 26 minutes, until they're just barely starting to brown. Do not allow the edges to become dark or the Red Coats will come and get you. Allow the scones to cool completely before icing.
- In a medium mixing bowl, stir the icing ingredients until smooth.
- Pour generously over the scones and sprinkle with pecans. Allow the icing to set before serving.
- Photograph by Coral Von Zumwalt

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:32.22, Inflammation Score:-7, Nutrition Score:12.497826118184%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 790.64kcal (39.53%), Fat: 40.33g (62.04%), Saturated Fat: 23.9g (149.35%), Carbohydrates: 102.56g (34.19%), Net Carbohydrates: 100.99g (36.72%), Sugar: 65.08g (72.31%), Cholesterol: 125.38mg (41.79%), Sodium: 337.77mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 7.38g (14.76%), Vitamin B2: 0.52mg (30.65%), Vitamin B1: 0.43mg (28.97%), Selenium: 19.49µg (27.84%), Manganese: 0.52mg (26.01%), Vitamin A: 1259.21IU (25.18%), Folate: 96.09µg (24.02%), Vitamin B3: 3.3mg (16.49%), Iron: 2.62mg (14.56%), Phosphorus: 140.67mg (14.07%), Calcium: 138.91mg (13.89%), Vitamin B5: 1.05mg (10.54%), Vitamin E: 1.19mg (7.93%), Vitamin D: 1.1µg (7.31%), Potassium: 230.35mg (6.58%), Magnesium: 25.51mg (6.38%), Copper: 0.13mg (6.34%), Fiber: 1.57g (6.26%), Zinc: 0.72mg (4.8%), Vitamin K: 3.72µg (3.54%), Vitamin B12: 0.19µg (3.21%), Vitamin B6: 0.05mg (2.68%)