



My Sister's Favorite Amaretto Scones

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon amaretto to taste
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 4 servings powdered sugar
- 1 eggs beaten
- 2 cups flour all-purpose ()
- 0.3 cup cup heavy whipping cream
- 0.3 cup milk

- 0.5 cup raisins
- 0.3 cup sugar
- 0.3 cup butter unsalted cold cut into pieces
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- pastry cutter

Directions

- Before starting scones, place raisins in a bowl and cover with Amaretto. Cover with plastic wrap and refrigerate for at least an hour or until raisins have plumped.
- Combine dry ingredients in a bowl.
- Cut in butter with a pastry cutter until mixture resembles crumbs. In another bowl mix together the egg, milk, cream and Amaretto.
- Pour into dry ingredients and mix until just combined.
- Add the raisins and nuts.
- Mix until a dough comes together. Turn dough onto a lightly floured surface and knead lightly. With a round cutter (2 or 3-inch) cut dough. Space scones at least 1 to 2 inches apart on an ungreased cookie sheet. With the remaining 2 tablespoons of cream brush each top of the scones.
- Bake the scones at 350 degrees for 12 to 14 minutes or until scones are light brown in color.
- Let scones cool and dust with confectioners' sugar.

Nutrition Facts



PROTEIN 6.58% **FAT 41.54%** **CARBS 51.88%**

Properties

Glycemic Index:88.47, Glycemic Load:54.76, Inflammation Score:-7, Nutrition Score:16.844782777455%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 695.78kcal (34.79%), Fat: 32.56g (50.09%), Saturated Fat: 14.8g (92.47%), Carbohydrates: 91.49g (30.5%), Net Carbohydrates: 87.59g (31.85%), Sugar: 27.44g (30.48%), Cholesterol: 100.23mg (33.41%), Sodium: 383.56mg (16.68%), Alcohol: 0.98g (100%), Alcohol %: 0.66% (100%), Protein: 11.61g (23.22%), Manganese: 0.98mg (49.02%), Vitamin B1: 0.58mg (38.52%), Selenium: 26.48µg (37.83%), Folate: 135.58µg (33.9%), Vitamin B2: 0.47mg (27.91%), Iron: 4.24mg (23.57%), Phosphorus: 226.09mg (22.61%), Vitamin B3: 4.1mg (20.51%), Copper: 0.39mg (19.67%), Calcium: 185.86mg (18.59%), Fiber: 3.9g (15.62%), Vitamin A: 778.42IU (15.57%), Magnesium: 47.52mg (11.88%), Potassium: 339.65mg (9.7%), Vitamin B6: 0.17mg (8.69%), Zinc: 1.18mg (7.89%), Vitamin B5: 0.65mg (6.5%), Vitamin D: 0.91µg (6.06%), Vitamin E: 0.84mg (5.59%), Vitamin B12: 0.24µg (3.94%), Vitamin K: 2.46µg (2.34%), Vitamin C: 1.26mg (1.52%)