



Oatmeal Scones

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter cold
- ☐ 1 large eggs
- ☐ 0.7 cup nonfat buttermilk fat-free
- ☐ 1.5 tablespoons nonfat buttermilk fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 2 tablespoons pecans toasted chopped
- ☐ 0.8 cup oats uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons sugar

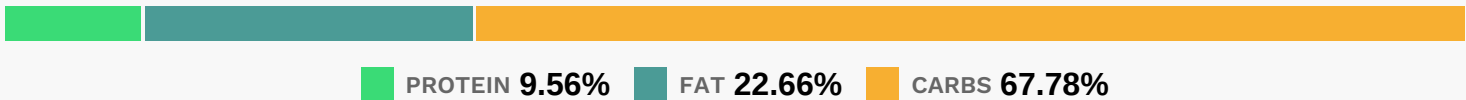
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Bake oats in a 15- x 10-inch jelly-roll pan at 400 for 6 minutes or until lightly browned. Cool.
- ☐ Combine oats and next 5 ingredients.
- ☐ Cut butter into oats mixture with a pastry blender or fork until crumbly. Stir together 2/3 cup buttermilk and egg.
- ☐ Add to flour mixture, stirring just until dry ingredients are moistened and dough forms.
- ☐ Turn dough out onto a jelly-roll pan coated with cooking spray. Shape dough into a 7 1/2-inch circle.
- ☐ Combine 3 Tbsp. sugar and 1/2 tsp. cinnamon.
- ☐ Brush dough with 1 1/2 Tbsp. buttermilk.
- ☐ Sprinkle with sugar mixture and pecans.
- ☐ Bake at 400 for 15 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Cut into 8 wedges; serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:27.23, Inflammation Score:-3, Nutrition Score:7.4413042327632%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 237.83kcal (11.89%), Fat: 6.07g (9.33%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 39.06g (14.2%), Sugar: 14.24g (15.82%), Cholesterol: 31.22mg (10.41%), Sodium: 300.06mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Manganese: 0.65mg (32.51%), Selenium: 13.99µg (19.98%), Vitamin B1: 0.27mg (18.33%), Folate: 56.07µg (14.02%), Iron: 1.92mg (10.68%), Phosphorus: 106.48mg (10.65%), Vitamin B2: 0.18mg (10.57%), Vitamin B3: 1.71mg (8.57%), Calcium: 76.87mg (7.69%), Magnesium: 30.73mg (7.68%), Fiber: 1.76g (7.04%), Copper: 0.1mg (5.17%), Zinc: 0.64mg (4.24%), Vitamin B5: 0.3mg (2.95%), Vitamin A: 122.98IU (2.46%), Potassium: 77.2mg (2.21%), Vitamin B6: 0.04mg (1.79%), Vitamin E: 0.25mg (1.7%), Vitamin B12: 0.06µg (1.03%)