

## Peach Scones

READY IN



15 min.

SERVINGS



15

CALORIES



44 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons peaches dried chopped
- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup vanilla yogurt low-fat
- ☐ 1 tablespoon butter
- ☐ 1 Dash salt
- ☐ 0.5 teaspoon skim milk

- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons sugar

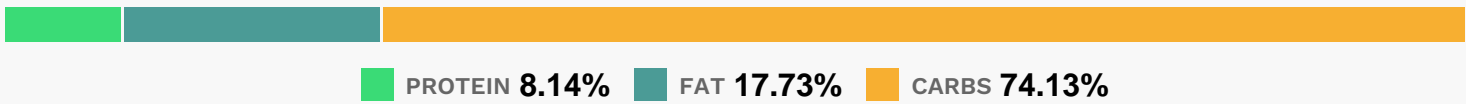
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Combine first 5 ingredients in a medium bowl; cut in margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Add yogurt and peaches to flour mixture; stir just until dry ingredients are moistened.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead lightly 4 or 5 times. (Dough may be slightly sticky.)
- ☐ Pat dough into a 5-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut circle into 4 wedges; separate wedges slightly.
- ☐ Brush milk over dough, and sprinkle with 1 teaspoon sugar.
- ☐ Bake at 400 for 14 to 15 minutes or until golden.
- ☐ Serve with peach spread, if desired.

## Nutrition Facts



## Properties

Glycemic Index:27.7, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:1.3143478182509%

## Nutrients (% of daily need)

Calories: 44.25kcal (2.21%), Fat: 0.88g (1.36%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.98g (2.9%), Sugar: 3.27g (3.64%), Cholesterol: 0.21mg (0.07%), Sodium: 46.8mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin B1: 0.05mg (3.3%), Selenium: 2.28µg (3.25%),

Folate: 11.54µg (2.89%), Vitamin B2: 0.04mg (2.54%), Manganese: 0.05mg (2.38%), Vitamin B3: 0.45mg (2.24%), Iron: 0.38mg (2.11%), Phosphorus: 17.71mg (1.77%), Calcium: 16.8mg (1.68%), Vitamin A: 78.13IU (1.56%), Fiber: 0.33g (1.3%), Potassium: 35.79mg (1.02%)