



Peanut Butter-Chocolate Chip Scones

READY IN



30 min.

SERVINGS



12

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup milk fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup chunky peanut butter natural-style
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semisweet chocolate minichips

☐ 1 teaspoon vanilla extract

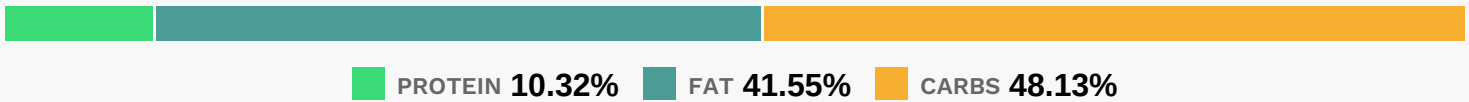
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine peanut butter and next 3 ingredients, stirring with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Stir in chocolate chips. Knead dough 4 times in bowl.
- ☐ Pat dough into a 7-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 12 wedges, cutting into but not through dough (do not separate wedges). Lightly coat with cooking spray.
- ☐ Bake at 425 for 14 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:10.7, Inflammation Score:-3, Nutrition Score:6.5486956549727%

Nutrients (% of daily need)

Calories: 209.85kcal (10.49%), Fat: 9.86g (15.16%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 24.29g (8.83%), Sugar: 9.49g (10.54%), Cholesterol: 21.12mg (7.04%), Sodium: 210.6mg (9.16%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Caffeine: 4.24mg (1.41%), Protein: 5.51g (11.01%), Manganese: 0.35mg (17.68%), Vitamin B3: 2.57mg (12.86%), Selenium: 8.62µg (12.31%), Folate: 44.9µg (11.22%), Vitamin B1: 0.17mg (11.14%), Phosphorus: 107.2mg (10.72%), Iron: 1.55mg (8.63%), Vitamin B2: 0.15mg (8.62%), Magnesium: 33.44mg (8.36%), Calcium: 81.53mg (8.15%), Vitamin E: 1.12mg (7.45%), Copper: 0.14mg (6.97%), Fiber: 1.4g (5.62%), Zinc: 0.64mg (4.24%), Potassium: 140.24mg (4.01%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.32mg (3.2%), Vitamin A: 104.1IU (2.08%), Vitamin B12: 0.11µg (1.82%), Vitamin D: 0.2µg (1.3%)