



Peanut Butter 'n' Jelly Scones

 Vegetarian

READY IN



35 min.

SERVINGS



100

CALORIES



50 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.7 cup brown sugar light packed
- ☐ 3.3 cups flour all-purpose
- ☐ 0.5 cup peanut butter chilled
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup strawberry jelly
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted cold cut into pieces

- ☐ 2 teaspoons vanilla extract
- ☐ 0.7 cup whipping cream divided

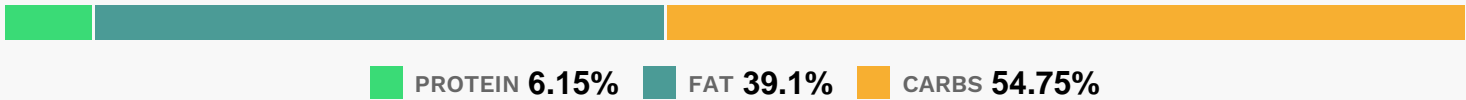
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a food processor. Pulse briefly until combined.
- ☐ Add butter, and pulse to make a coarse meal.
- ☐ Add peanut butter, and pulse briefly to disperse evenly. Be careful not to overmix.
- ☐ Transfer dough to a large bowl.
- ☐ Add chocolate morsels, if desired. Make a well in center, and add 1/2 cup plus 1 Tbsp. whipping cream and vanilla. Stir with a fork just until dry ingredients are moistened. Knead dough in bowl 2 or 3 times to incorporate dry ingredients in bottom of bowl.
- ☐ Drop mounds of dough using a 1/3-cup measure onto a baking sheet lined with parchment paper. Smooth tops, and brush scones with remaining cream.
- ☐ Sprinkle with turbinado sugar. Make a deep indentation in center of each scone using thumb or the back of a small spoon; fill each with a scant tablespoon jelly.
- ☐ Bake at 425 for 18 to 20 minutes or until scones are lightly browned around edges. Cool completely.

Nutrition Facts



Properties

Glycemic Index:2.36, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:1.0382608638509%

Nutrients (% of daily need)

Calories: 49.94kcal (2.5%), Fat: 2.19g (3.38%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.71g (2.44%), Sugar: 3.1g (3.45%), Cholesterol: 4.23mg (1.41%), Sodium: 37.57mg (1.63%), Alcohol: 0.03g (100%), Alcohol %: 0.28% (100%), Protein: 0.78g (1.55%), Manganese: 0.05mg (2.45%), Vitamin B1: 0.03mg (2.3%), Selenium: 1.56µg (2.23%), Folate: 8.94µg (2.23%), Vitamin B3: 0.42mg (2.08%), Vitamin B2: 0.03mg (1.64%), Iron: 0.25mg (1.39%), Phosphorus: 13.13mg (1.31%), Calcium: 11.39mg (1.14%), Vitamin E: 0.16mg (1.09%), Vitamin A: 51.69IU (1.03%)