



## Pear-Nut Scones

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1.8 cups flour all-purpose
- 0.3 cup brown sugar packed
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup butter cold
- 1 eggs
- 1 cup pears peeled chopped (1 medium)
- 0.3 cup pecans chopped

0.5 cup frangelico

## Equipment

bowl

baking sheet

oven

blender

## Directions

Heat oven to 400°F. In large bowl, mix flour, brown sugar, baking powder and salt.

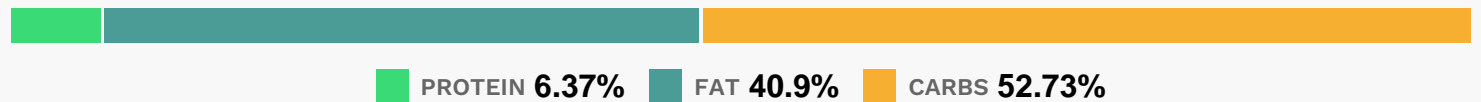
Cut in butter, using pastry blender or fork, until mixture looks like fine crumbs. Stir in egg and half-and-half until soft dough forms. Stir in pear and pecans.

On ungreased cookie sheet, drop dough by slightly rounded 1/3 cupfuls.

Bake 16 to 18 minutes or until golden brown. Immediately remove from cookie sheet.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:26.72, Glycemic Load:16.26, Inflammation Score:-4, Nutrition Score:6.6747826182324%

## Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 253.62kcal (12.68%), Fat: 11.7g (18%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 32.15g (11.69%), Sugar: 11.13g (12.36%), Cholesterol: 20.46mg (6.82%), Sodium: 278.99mg (12.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Manganese: 0.41mg (20.41%), Vitamin B1: 0.25mg (16.68%), Selenium: 11.26µg (16.09%), Folate: 55.22µg (13.8%), Vitamin B2: 0.17mg (10.29%), Iron: 1.69mg (9.4%), Vitamin B3: 1.72mg (8.58%), Calcium: 81.42mg (8.14%), Phosphorus: 79.87mg (7.99%), Vitamin A: 375.6IU (7.51%), Fiber: 1.8g (7.2%), Copper: 0.12mg (5.94%), Magnesium: 14.96mg (3.74%), Zinc: 0.49mg (3.28%), Vitamin E: 0.46mg (3.03%), Vitamin B5: 0.27mg (2.73%), Potassium: 95.19mg (2.72%), Vitamin B6: 0.04mg (2.07%), Vitamin C: 0.93mg (1.13%), Vitamin K: 1.14µg (1.09%)