



## Petite Orange and Cream Scones

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups flour all-purpose
- 3 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 6 tablespoons butter cold
- 1 cup peppermint candies white
- 1.5 teaspoons orange zest grated
- 1 eggs beaten

0.5 cup frangelico

## Equipment

bowl

baking sheet

oven

wire rack

blender

ziploc bags

microwave

## Directions

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

Cut in butter, using pastry blender or fork, until mixture looks like coarse crumbs. Stir in 1/2 cup of the baking chips, the orange peel, egg and half-and-half until soft dough forms.

On lightly floured surface, knead dough about 5 seconds or until dough is smooth. Divide dough in half. Pat each half into a round, 1/2 inch thick.

Cut each round into 8 wedges.

On ungreased cookie sheet, place wedges 1 inch apart.

Bake 12 to 15 minutes or until light golden brown.

Remove from cookie sheet to cooling rack; cool 10 minutes.

Place remaining 1/2 cup baking chips in resealable food-storage plastic bag; seal. Microwave on High 1 minute; press bag until chips are smooth.

Cut off tiny corner of bag; squeeze to drizzle melted chips over scones.

Serve warm or cooled.

## Nutrition Facts



**PROTEIN 5.72%** **FAT 45.86%** **CARBS 48.42%**

## Properties

Glycemic Index:14.82, Glycemic Load:10.32, Inflammation Score:-2, Nutrition Score:2.9547826124598%

## Nutrients (% of daily need)

Calories: 187.96kcal (9.4%), Fat: 9.76g (15.02%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 22.74g (8.27%), Sugar: 10.7g (11.88%), Cholesterol: 10.23mg (3.41%), Sodium: 152.26mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Selenium: 6.16µg (8.8%), Vitamin B1: 0.12mg (8.3%), Folate: 30µg (7.5%), Calcium: 57.37mg (5.74%), Vitamin B2: 0.09mg (5.43%), Manganese: 0.11mg (5.38%), Vitamin B3: 0.93mg (4.64%), Iron: 0.83mg (4.62%), Vitamin A: 203.43IU (4.07%), Phosphorus: 34.52mg (3.45%), Fiber: 0.44g (1.77%), Vitamin E: 0.2mg (1.34%), Copper: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.16%), Magnesium: 4.1mg (1.03%)