



Pumpkin-Parmesan Scones

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter chilled cut into small pieces
- 0.5 cup pumpkin puree canned
- 1 tablespoon corn kernels
- 2 large egg whites divided
- 0.5 cup yogurt plain fat-free
- 0.5 cup yogurt plain fat-free
- 1.5 cups flour all-purpose

- 2 tablespoons parmesan fresh grated
- 0.5 teaspoon salt
- 0.5 cup flour whole wheat

Equipment

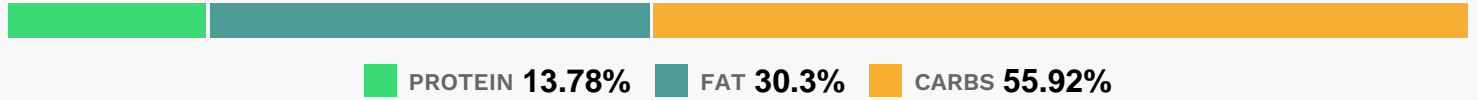
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- blender
- measuring cup
- serrated knife

Directions

- Preheat oven to 40
- Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, baking powder, baking soda, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine pumpkin, yogurt, and 1 egg white, stirring with a whisk.
- Add to flour mixture; stir just until moist.
- Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet lined with parchment paper.
- Cut dough into 12 wedges, cutting into but not through dough.
- Brush remaining 1 egg white over top of dough.
- Sprinkle dough with cheese and pumpkinseeds, pressing lightly to adhere.
- Bake at 400 for 20 minutes or until golden. Slice scones along score lines with a serrated knife.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:8.8, Inflammation Score:-8, Nutrition Score:6.8969565382956%

Nutrients (% of daily need)

Calories: 129.99kcal (6.5%), Fat: 4.42g (6.8%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.07g (6.21%), Sugar: 2.07g (2.3%), Cholesterol: 11.14mg (3.71%), Sodium: 285.22mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin A: 1715.85IU (34.32%), Manganese: 0.33mg (16.43%), Selenium: 10.51µg (15.01%), Vitamin B1: 0.16mg (10.75%), Vitamin B2: 0.17mg (9.9%), Calcium: 97.98mg (9.8%), Phosphorus: 93.27mg (9.33%), Folate: 35.34µg (8.84%), Iron: 1.16mg (6.42%), Vitamin B3: 1.26mg (6.28%), Fiber: 1.28g (5.12%), Magnesium: 17.92mg (4.48%), Potassium: 120.61mg (3.45%), Zinc: 0.49mg (3.25%), Copper: 0.06mg (2.95%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.15µg (2.46%), Vitamin B6: 0.05mg (2.27%), Vitamin K: 2.16µg (2.06%), Vitamin E: 0.27mg (1.77%)