



Raspberry Thumbprint Wholewheat Scones With Macadamia Nuts

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup flour whole-wheat
- 0.5 cup rolled oats
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda

- 0.5 teaspoon salt
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground allspice
- 5 tablespoons butter chilled cut into small pieces
- 0.8 cup cream fine (a little over)
- 2 teaspoons vanilla extract divided
- 0.3 cup cranberries dried chopped
- 0.3 cup macadamia nuts coarsely chopped
- 0.5 cup powdered sugar
- 4 teaspoons milk reduced-fat
- 3 tablespoons raspberry jam sugar free

Equipment

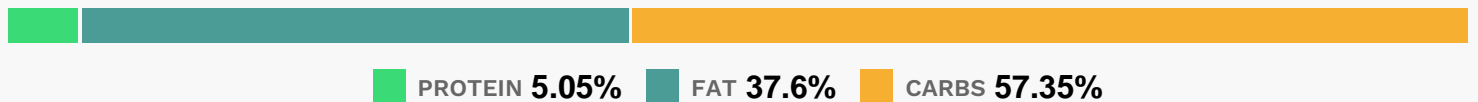
- food processor
- bowl
- baking sheet
- oven
- whisk
- wire rack
- spatula

Directions

- Preheat oven to 400 F
- Place oats in a food processor. Process until finely ground
- Add flours, brown sugar, baking powder, baking soda, salt, cinnamon, and allspice to a food processor. Pulse 3 times
- Add butter; pulse 5 times until mixture resembles coarse meal. Be very careful – Don't over beat.

- Add 1 tsp vanilla and sour cream; pulse 3 times or just until combined (DO NOT over-mix). If you're afraid you might over-mix, you can transfer the mixture into a big bowl and add sour cream and vanilla. Use spatula to mix. If you over-mix, the mixture will be too runny.
- Add cranberries, and nuts. Use spatula to mix well.
- Turn dough out onto a lightly floured surface; knead lightly 3 times.
- Roll dough to a 1/2 inch thickness; cut with a 2 1/2 inch biscuit cutter
- Place cut dough on a baking sheet. Use a watermelon scoop or small round spoon to press in a middle of each cut though to make a half hole for raspberry jam
- Mix together jam and the remaining vanilla extract.
- Add 1/2 teaspoon of jam into a hole. Don't over put it otherwise it will run all over a scone.
- Bake for 14 minutes or until golden brown.
- Remove from baking sheet; transfer to a wire rack
- While they're cooling, combine powdered sugar and milk. Stir with a whisk until smooth.
- Drizzle the glaze evenly over scones.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:5.15, Inflammation Score:-2, Nutrition Score:3.7852173913043%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Taste

Sweetness: 100%, Saltiness: 6.58%, Sourness: 8.09%, Bitterness: 3.44%, Savoriness: 0.78%, Fattiness: 56.48%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 153.19kcal (7.66%), Fat: 6.56g (10.09%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 21.28g (7.74%), Sugar: 11.75g (13.05%), Cholesterol: 12.69mg (4.23%), Sodium: 156.73mg (6.81%), Protein: 1.98g (3.97%), Manganese: 0.41mg (20.7%), Selenium: 6.11µg (8.72%), Vitamin B1: 0.11mg (7.39%),

Phosphorus: 53.47mg (5.35%), Fiber: 1.23g (4.9%), Calcium: 45.96mg (4.6%), Iron: 0.74mg (4.13%), Vitamin B2: 0.07mg (3.91%), Folate: 15.39µg (3.85%), Magnesium: 15.23mg (3.81%), Vitamin B3: 0.7mg (3.51%), Copper: 0.06mg (3.09%), Vitamin A: 143.04IU (2.86%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.86%), Potassium: 63.7mg (1.82%), Vitamin E: 0.22mg (1.45%), Vitamin B5: 0.14mg (1.43%)