



Restaurant-Quality Maple Oatmeal Scones

 Vegetarian

READY IN



38 min.

SERVINGS



24

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup buttermilk
- 1 tablespoon cornstarch
- 0.8 cup cherries dried
- 1 eggs
- 1 egg white
- 3 cups flour all-purpose

- 0.5 teaspoon maple extract flavored
- 2 tablespoons real maple syrup
- 0.5 cup rolled oats
- 0.4 teaspoon salt
- 0.8 cup butter unsalted
- 0.8 teaspoon vanilla extract
- 1 teaspoon sugar white

Equipment

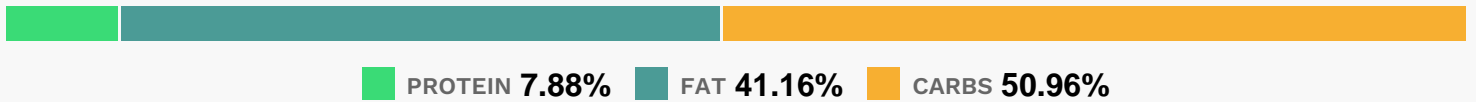
- food processor
- bowl
- baking sheet
- baking paper
- oven
- mixing bowl
- blender

Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a heavy duty baking sheet with parchment paper. To prepare fruit, cover with boiling water and let stand 5 minutes.
- Drain and dry with paper toweling.
- In a two cup measure, stir together the egg, buttermilk and vanilla, maple syrup and maple extract.
- In a food processor bowl, place the flour, oatmeal, corn starch, baking powder, soda, salt and sugar. Process briefly to blend ingredients. Drop in chunks of butter and pulse to cut in. Stop when you have a coarse, grainy mixture. Alternately you can do this by hand with a pastry blender or two knives.
- Remove mixture to a large mixing bowl. Make a well in the center. Stir in buttermilk/egg mixture. Blend in dried cherries. Stir with a fork to make a soft dough.

- Turn out onto a lightly floured work surface and knead only to get a slightly cohesive dough. Divide the dough into 3 equal size pieces. Pat each piece into an 8 to 10 inch circle, 1/2 to 3/4 inch thick.
- Cut each circle into eight wedges.
- Place on baking sheet. Paint tops with beaten egg white and garnish with about 1 teaspoon of the sugar.
- Bake at 425 degrees F (220 degrees C) for 15 to 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:14.36, Glycemic Load:9.76, Inflammation Score:-3, Nutrition Score:3.8047825538594%

Nutrients (% of daily need)

Calories: 141.1kcal (7.05%), Fat: 6.44g (9.91%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16.99g (6.18%), Sugar: 3.59g (3.99%), Cholesterol: 22.9mg (7.63%), Sodium: 117.85mg (5.12%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 2.77g (5.55%), Manganese: 0.21mg (10.4%), Selenium: 6.96µg (9.94%), Vitamin B1: 0.14mg (9.08%), Vitamin B2: 0.13mg (7.66%), Folate: 30.63µg (7.66%), Vitamin A: 334.02IU (6.68%), Iron: 0.94mg (5.25%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 44.88mg (4.49%), Calcium: 44.42mg (4.44%), Fiber: 0.95g (3.81%), Magnesium: 7.51mg (1.88%), Copper: 0.03mg (1.7%), Zinc: 0.24mg (1.61%), Vitamin D: 0.24µg (1.6%), Vitamin B5: 0.15mg (1.54%), Vitamin E: 0.21mg (1.37%), Potassium: 43.27mg (1.24%), Vitamin B12: 0.06µg (1.07%)