



Smoked Salmon Dill Scones



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 0.3 cup optional: dill finely chopped
- ☐ 1 eggs
- ☐ 1 cup salmon smoked shredded finely
- ☐ 1 cup vanilla-flavored soy yogurt mixed with 1 tablespoon lemon juice or vinegar
- ☐ 3 cups spelt ok
- ☐ 2 tbsp sugar

☐ 1 stick (]

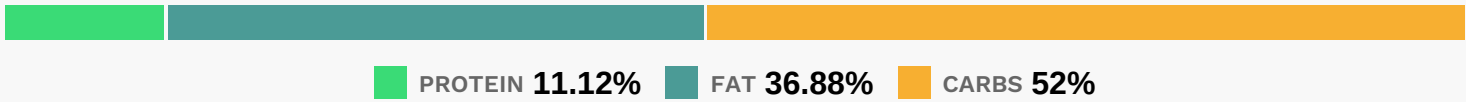
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 400 degrees.
- ☐ Mix the first set of ingredients with a pastry blender or two knives, till mixture resembles coarse meal.
- ☐ Mix the second set of ingredients in another bowl, and stir it into the flour mixture, mixing only until just combined.
- ☐ Roll out the dough on a very lightly floured board to 1/2 inch thickness.
- ☐ Cut out with a 2 inch cookie cutter or a glass.
- ☐ Transfer to a cookie sheet lined with foil.
- ☐ Bake about 15 minutes, or until puffy and lightly colored.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:7.06, Inflammation Score:-2, Nutrition Score:3.2643478399386%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 85.51kcal (4.28%), Fat: 3.52g (5.41%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.78g (3.92%), Sugar: 1.04g (1.15%), Cholesterol: 6.5mg (2.17%), Sodium: 180.78mg (7.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Selenium: 6.17µg (8.81%), Vitamin B1: 0.1mg (6.83%), Folate: 26.1µg (6.53%), Vitamin D: 0.8µg (5.36%), Vitamin B3: 0.97mg (4.85%), Manganese: 0.09mg (4.72%), Vitamin B2: 0.08mg (4.54%), Vitamin C: 3.6mg (4.36%), Iron: 0.76mg (4.2%), Calcium: 42.03mg (4.2%), Phosphorus: 39.15mg (3.91%), Vitamin A: 187.39IU (3.75%), Vitamin B12: 0.16µg (2.74%), Copper: 0.03mg (1.58%), Fiber: 0.37g (1.5%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.03mg (1.28%), Magnesium: 4.81mg (1.2%), Potassium: 37.5mg (1.07%)