



Strawberry Yogurt Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup strawberry yogurt
- ☐ 2 tablespoons milk whole or as needed

Equipment

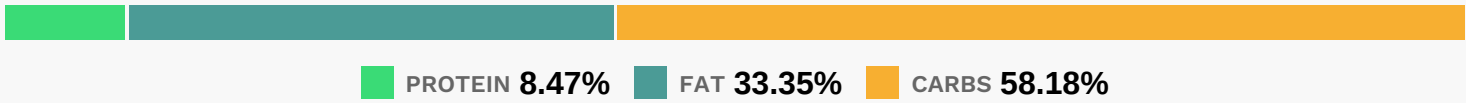
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Sift the flour and baking powder into a large bowl. Using your fingers, rub in the butter until the mixture resembles a crumbly texture.
- ☐ Add the yogurt all at once and mix briefly to form a soft dough.
- ☐ On a lightly floured surface, roll the dough out to 1 inch in thickness. Dip a 3-inch cutter into some flour, and stamp out 12 scones. (You may have to re-roll the dough to get 12.)
- ☐ Place scones 2 inches apart onto baking sheets.
- ☐ Brush tops with milk.
- ☐ Bake in preheated oven for 10 minutes or until risen and golden brown. Best served freshly baked with butter.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:10.45, Inflammation Score:-2, Nutrition Score:3.4734782796839%

Nutrients (% of daily need)

Calories: 112.88kcal (5.64%), Fat: 4.19g (6.44%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 15.91g (5.78%), Sugar: 1.93g (2.14%), Cholesterol: 11.39mg (3.8%), Sodium: 178.67mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin B1: 0.14mg (9.65%), Calcium: 96.32mg (9.63%), Selenium: 6.28µg (8.97%), Folate: 33.5µg (8.38%), Vitamin B2: 0.11mg (6.68%), Manganese: 0.12mg (6.23%), Phosphorus: 60.52mg (6.05%), Iron: 1.01mg (5.59%), Vitamin B3: 1.08mg (5.4%), Vitamin A: 125.4IU (2.51%), Fiber: 0.53g (2.1%), Copper: 0.03mg (1.32%), Vitamin B12: 0.07µg (1.24%), Potassium: 42.73mg (1.22%), Magnesium: 4.76mg (1.19%)