



Strawberry Yogurt Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



111 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

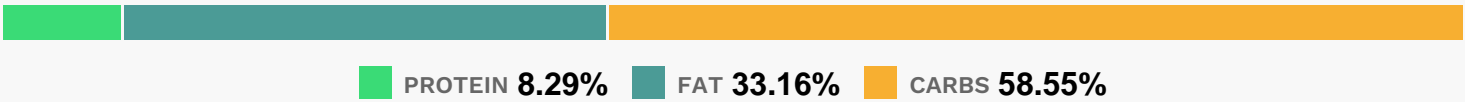
Equipment

- ☐ 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:18.08, Glycemic Load:10.4, Inflammation Score:-2, Nutrition Score:3.3930434649405%

Nutrients (% of daily need)

Calories: 111.38kcal (5.57%), Fat: 4.11g (6.32%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.79g (5.74%), Sugar: 1.81g (2.01%), Cholesterol: 11.09mg (3.7%), Sodium: 177.72mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin B1: 0.14mg (9.56%), Calcium: 93.24mg (9.32%), Selenium: 6.23µg (8.9%), Folate: 33.5µg (8.38%), Vitamin B2: 0.11mg (6.47%), Manganese: 0.12mg (6.22%), Phosphorus: 58mg (5.8%), Iron: 1.01mg (5.59%), Vitamin B3: 1.08mg (5.39%), Vitamin A: 121.35IU (2.43%), Fiber: 0.53g (2.1%), Copper: 0.03mg (1.32%), Magnesium: 4.47mg (1.12%), Potassium: 38.98mg (1.11%), Vitamin B12: 0.06µg (1.02%)