



## Sweet Potato Scones

READY IN



35 min.

SERVINGS



16

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 cup butter firm

- ☐ 1 cup sweet potatoes and into cooked mashed
- ☐ 0.5 cup carrots shredded
- ☐ 0.3 cup vanilla yogurt fat-free
- ☐ 1 teaspoon vanilla
- ☐ 1 egg whites slightly beaten
- ☐ 1 serving granulated sugar

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cookie cutter

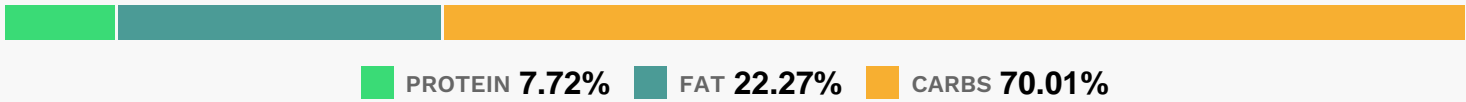
## Directions

- ☐ Heat oven to 400°F.
- ☐ Mix flour, brown sugar, baking powder, cinnamon, baking soda, nutmeg, salt and cloves in medium bowl.
- ☐ Cut in margarine, using fork or pastry blender, until mixture looks like fine crumbs. Stir in sweet potato, carrot, yogurt and vanilla just until dough leaves side of bowl.
- ☐ Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times.
- ☐ Roll dough 1/2 inch thick.
- ☐ Cut with 2 1/2-inch cookie cutter dipped into flour, or cut into diamonds with knife.
- ☐ Place about 1 inch apart on ungreased cookie sheet.
- ☐ Brush with egg white; sprinkle with granulated sugar.
- ☐ Bake about 20 minutes or until edges are light brown. Immediately remove from cookie sheet to wire rack.

☐

Serve warm.

# Nutrition Facts



## Properties

Glycemic Index:26.06, Glycemic Load:11.32, Inflammation Score:-8, Nutrition Score:5.2765217138373%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 124.86kcal (6.24%), Fat: 3.08g (4.74%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.88g (7.59%), Sugar: 6.57g (7.3%), Cholesterol: 0.08mg (0.03%), Sodium: 171.38mg (7.45%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.4g (4.81%), Vitamin A: 1975.32IU (39.51%), Vitamin B1: 0.15mg (9.96%), Selenium: 6.68µg (9.55%), Manganese: 0.19mg (9.27%), Folate: 34.4µg (8.6%), Vitamin B2: 0.11mg (6.54%), Vitamin B3: 1.14mg (5.69%), Iron: 0.99mg (5.47%), Calcium: 48.17mg (4.82%), Phosphorus: 41.33mg (4.13%), Fiber: 0.92g (3.69%), Potassium: 79.1mg (2.26%), Copper: 0.04mg (2.21%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.19mg (1.28%), Vitamin E: 0.18mg (1.17%)