



Toasted Almond and Cherry Scones

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cherries dried chopped
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 teaspoons milk 2% reduced-fat
- ☐ 0.5 cup old-fashioned rolled oats
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup heavy whipping cream fat-free sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup pastry flour whole-wheat

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Place oats in a food processor; process until finely ground.
- ☐ Add flours, brown sugar, and next 5 ingredients (through allspice) to processor; pulse 3 times.
- ☐ Add butter; pulse 5 times or until mixture resembles coarse meal.
- ☐ Add sour cream and vanilla; pulse 3 times or just until combined (do not overmix).
- ☐ Add cherries and nuts; pulse 2 times.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 3 times.
- ☐ Roll dough to a 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter to form 10 rounds.
- ☐ Place rounds 1 inch apart on a baking sheet lightly coated with cooking spray.

- ☐ Bake at 400 for 14 minutes or until golden brown.
- ☐ Remove from baking sheet; cool on a wire rack.
- ☐ Combine powdered sugar and 4 teaspoons milk, stirring with a whisk.
- ☐ Drizzle powdered sugar glaze over scones.

Nutrition Facts



Properties

Glycemic Index:28.7, Glycemic Load:8.09, Inflammation Score:-4, Nutrition Score:8.0500001608516%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 246.32kcal (12.32%), Fat: 8.71g (13.4%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 35.45g (12.89%), Sugar: 13.86g (15.4%), Cholesterol: 17.28mg (5.76%), Sodium: 337.29mg (14.66%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 5.16g (10.33%), Manganese: 0.73mg (36.58%), Selenium: 12.61µg (18.02%), Phosphorus: 128.44mg (12.84%), Vitamin B1: 0.18mg (12.14%), Fiber: 2.75g (11.01%), Calcium: 109.41mg (10.94%), Vitamin B2: 0.18mg (10.55%), Vitamin E: 1.47mg (9.83%), Magnesium: 37.09mg (9.27%), Folate: 33.15µg (8.29%), Iron: 1.46mg (8.14%), Vitamin A: 380.48IU (7.61%), Vitamin B3: 1.43mg (7.17%), Copper: 0.13mg (6.39%), Zinc: 0.75mg (5.03%), Potassium: 138.97mg (3.97%), Vitamin B6: 0.06mg (3.05%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.09µg (1.52%)