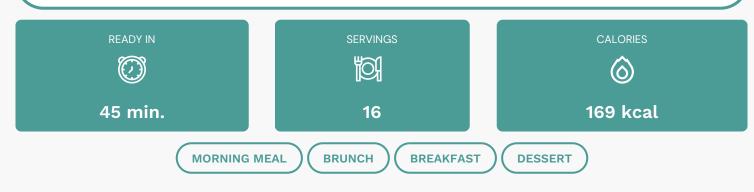


Triple-Fruit Scones



Ingredients

1 tablespoon double-acting baking powder
O.5 teaspoon baking soda
O.3 cup apricots dried chopped
1 large eggs
1 large egg white
3 cups flour all-purpose
0.8 cup buttermilk low-fat
6 tablespoons butter chilled
2 teaspoons orange rind grated

	0.3 teaspoon salt
	0.3 cup sugar
	1 tablespoon sugar
	0.3 cup cranberries dried sweetened (such as Craisins)
Equipment	
	baking sheet
	oven
	knife
	blender
	measuring cup
	dough scraper
Directions	
	Preheat oven to 40
	Lightly spoon flour into dry measuring cups; level with a knife.
	Combine flour, 1/3 cup sugar, baking powder, baking soda, and salt; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in apricots and cranberries.
	Combine buttermilk, orange rind, egg, and egg white; add to flour mixture, stirring just until moist.
	Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands.
	Roll dough into a 12 x 6-inch rectangle.
	Cut dough into 8 (3-inch) squares using a dull knife or a dough scraper.
	Cut each square into 2 triangles; place on a baking sheet coated with cooking spray.
	Sprinkle with 1 tablespoon sugar; bake at 400 for 12 minutes or until golden.
	Serve warm.

Nutrition Facts

Properties

Glycemic Index:21.29, Glycemic Load:17.06, Inflammation Score:-4, Nutrition Score:4.8352173981459%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Quercetin: 0.11mg, Quercetin: 0.11mg,

Nutrients (% of daily need)

Calories: 169.1kcal (8.45%), Fat: 5.17g (7.96%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 26.47g (9.63%), Sugar: 8.81g (9.79%), Cholesterol: 12.07mg (4.03%), Sodium: 227.76mg (9.9%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.56g (7.12%), Selenium: 9.65µg (13.79%), Vitamin B1: 0.19mg (12.72%), Folate: 45.41µg (11.35%), Vitamin B2: 0.16mg (9.55%), Manganese: 0.17mg (8.73%), Vitamin B3: 1.48mg (7.41%), Iron: 1.32mg (7.33%), Calcium: 66.38mg (6.64%), Vitamin A: 319.17IU (6.38%), Phosphorus: 61.71mg (6.17%), Fiber: 0.99g (3.97%), Vitamin E: 0.4mg (2.64%), Copper: 0.05mg (2.46%), Potassium: 85.51mg (2.44%), Vitamin B5: 0.21mg (2.11%), Magnesium: 8.39mg (2.1%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.27%)