



Triple-Fruit Scones

READY IN



45 min.

SERVINGS



16

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 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



 **PROTEIN 8.35%**  **FAT 27.28%**  **CARBS 64.37%**

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, 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 %: 0% (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%)