



White Chocolate Apricot Scones

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter
- ☐ 0.3 cup apricot dried finely chopped
- ☐ 0.3 cup peppermint candies white
- ☐ 1 eggs

- ☐ 1 serving p of sugar
- ☐ 0.3 cup frangelico

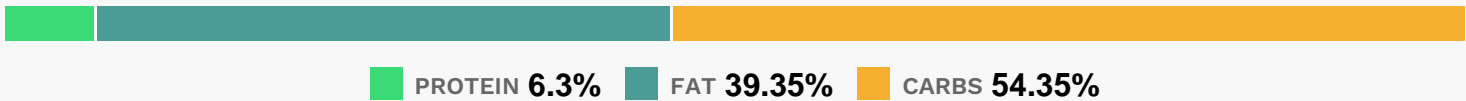
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pizza pan
- ☐ blender

Directions

- ☐ Heat oven to 425°F. In large bowl, mix flour, 1/4 cup sugar, the baking powder and salt.
- ☐ Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture resembles fine crumbs. Stir in apricots and baking chips. Stir in egg and just enough half-and-half so dough leaves side of bowl and forms a ball.
- ☐ Place dough on lightly floured surface. Knead lightly 10 times. Pat or roll into 8-inch round on ungreased 12-inch pizza pan or cookie sheet.
- ☐ Cut into 8 wedges; do not separate.
- ☐ Sprinkle with additional sugar.
- ☐ Bake 16 to 18 minutes or until golden brown. Carefully separate wedges; remove from cookie sheet to cooling rack.
- ☐ Serve warm if desired.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:20.71, Inflammation Score:-5, Nutrition Score:5.786956537029%

Nutrients (% of daily need)

Calories: 266.58kcal (13.33%), Fat: 11.86g (18.25%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 35.71g (12.99%), Sugar: 14.82g (16.47%), Cholesterol: 20.46mg (6.82%), Sodium: 282.94mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Selenium: 11.12µg (15.88%), Vitamin B1: 0.22mg (14.57%), Folate: 53.26µg (13.32%), Vitamin A: 563.24IU (11.26%), Manganese: 0.2mg (10.07%), Vitamin B2: 0.17mg (9.94%), Iron: 1.62mg (9.02%), Vitamin B3: 1.76mg (8.8%), Calcium: 86.65mg (8.67%), Phosphorus: 68.35mg (6.84%), Fiber: 1.14g (4.54%), Vitamin E: 0.6mg (4.01%), Copper: 0.06mg (3.13%), Potassium: 103.99mg (2.97%), Vitamin B5: 0.24mg (2.4%), Magnesium: 8.96mg (2.24%), Zinc: 0.28mg (1.9%), Vitamin B6: 0.03mg (1.5%)