

Yogurt Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 large egg white
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.5 cup flour whole wheat

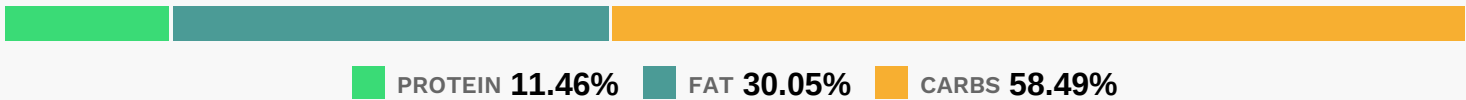
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, sugar, baking powder, baking soda, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in onions.
- ☐ Combine yogurt and egg white, stirring with a whisk.
- ☐ Add to flour mixture, stirring just until moist (dough will be sticky).
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet lined with parchment paper.
- ☐ Cut dough into 12 wedges, cutting into but not through dough.
- ☐ Bake at 425 for 15 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:9.56, Inflammation Score:-3, Nutrition Score:5.2278260718221%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 123.32kcal (6.17%), Fat: 4.16g (6.4%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 17.14g (6.23%), Sugar: 2.36g (2.62%), Cholesterol: 10.47mg (3.49%), Sodium: 261.02mg (11.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Manganese: 0.32mg (15.9%), Selenium: 9.57µg (13.67%), Vitamin B1: 0.16mg (10.52%), Folate: 35.55µg (8.89%), Vitamin K: 9.13µg (8.69%), Vitamin B2: 0.14mg (8.15%), Calcium: 78.09mg (7.81%), Phosphorus: 76.46mg (7.65%), Vitamin B3: 1.22mg (6.08%), Iron: 1.06mg (5.88%), Fiber: 1.07g (4.27%), Magnesium: 14.61mg (3.65%), Vitamin A: 161.25IU (3.22%), Zinc: 0.41mg (2.73%), Potassium: 91.21mg (2.61%), Copper: 0.05mg (2.48%), Vitamin B5: 0.21mg (2.1%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.1µg (1.73%), Vitamin E: 0.18mg (1.18%), Vitamin C: 0.92mg (1.12%)