

# Pineapple Scones

Grains/Breads

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A-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	1. In a mixing bowl, combine flour, brown sugar, baking powder, cinnamon, ginger, and salt. Using a mixer paddle at low speed, mix for 30 seconds.
Brown sugar	6 oz	3/4 cup	12 oz	1 1/2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Ground cinnamon		3/4 tsp		1 1/2 tsp	
Ground ginger		1/2 tsp		1 tsp	
Salt		1/4 tsp		1/2 tsp	
Vegetable oil		3 Tbsp		1/4 cup 2 Tbsp	
Canned, crushed, unsweetened pineapple	12 oz	1 1/4 cups	1 lb 8 oz	2 1/2 cups	2. Add oil and mix on low speed for 2 minutes, until mixture resembles coarse crumbs.
Reserved pineapple juice or lowfat milk		1/2 cup		1 cup	
Fresh large eggs OR		2 each		4 each	3. Drain pineapple and reserve the juice. In a bowl, combine crushed pineapple, reserved pineapple juice or milk, and eggs. Slowly add to the dry ingredients and mix at low speed for 1 minute, until dry ingredients are moistened. Scrape the sides of the bowl and mix on medium speed for 30 seconds. Dough should be sticky.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Sugar		3 Tbsp		1/4 cup 2 Tbsp	
Sugar Cinnamon (optional)		2 tsp 1/2 tsp		1 Tbsp 1 tsp 1 tsp	4. Sprinkle 1 Tbsp of sugar on each lightly greased half-sheet pan (18" x 13" x 1"). Place two 9-oz balls of dough on each half-sheet pan. Shape each ball into a 6" round about 3/4" thick. With a sharp knife, score the top surface of each round into 5 pie-shaped wedges, cutting about 1/4" deep.
Glaze Powdered sugar	4 oz	2/3 cup	8 oz	1 1/3 cups	
Lemon juice		2 Tbsp		1/4 cup	5. Combine sugar and cinnamon (optional) in a small bowl. Sprinkle 1/2 tsp of mixture over each wedge.
					6. To Bake: Conventional Oven: 350 degrees F, 19 minutes Convection Oven: 325 degrees F, 15 minutes Bake until golden brown.
					7. In a small bowl, whisk together powdered sugar, lemon juice and lemon peel until smooth. While baked rounds are still warm, spread 1 Tbsp of glaze over each.

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Grated lemon peel	1/8 tsp	1/4 tsp	8. Cut each round into 5 pie-shaped wedges. Each wedge is one scone.
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SERVING:	YIELD:	VOLUME:
1 scone provides the equivalent of 1 1/2 slices of bread	<b>25 Servings:</b> 2 lb 14 oz <b>50 Servings:</b> 5 lb 12 oz	<b>25 Servings:</b> <b>50 Servings:</b>

Special Tip:  
When portioning the dough, dip your hands (gloved) into flour to prevent sticking.

Nutrients Per Serving			
<b>Calories</b>	161	<b>Saturated Fat</b>	.3 g
<b>Protein</b>	3 g	<b>Cholesterol</b>	17 mg
<b>Carbohydrate</b>	34 g	<b>Vitamin A</b>	8 RE/29 IU
<b>Total Fat</b>	1.8 g	<b>Vitamin C</b>	3 mg
		<b>Iron</b>	1.4 mg
		<b>Calcium</b>	48 mg
		<b>Sodium</b>	91 mg
		<b>Dietary Fiber</b>	1 g