AMERICAN · DESSERT · SNACK

# Keto Maple Pecan Scones with Maple Glaze

45 min · Makes 8 × 1 scone · 294 kcal a portion · Video 5:48 · All Day I Dream About Food

Vegetarian · Gluten-free ingredients

Almond flour and pecans with butter, sweetened with erythritol and flavoured with maple extract rather than maple syrup: about 3 g net carbs a scone.

**Diet notes:** Keto (3.4 g net carbs a serve).

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## Ingredients 15 · MAKES 8 × 1 SCONE

- [ ] 200 g finely **ground almond flour**
- [ ] 50 g granulated Swerve (erythritol) sweetener
- [ ] 2 tsp **baking powder**
- [ ] ¼ tsp **salt**
- [ ] 55 g **toasted chopped pecans**
- [ ] 1 large **egg**
- [ ] 55 g **butter**, melted
- [ ] 2 tbsp **heavy whipping cream**, for the dough
- [ ] 1 tsp **maple extract**, for the dough
- [ ] a little **almond flour**, for dusting
- [ ] 6 tbsp powdered Swerve (erythritol) sweetener, for the glaze
- [ ] 2 tbsp **heavy cream**, for the glaze
- [ ] 1 tsp **maple extract**, for the glaze
- [ ] about 2 tsp **water**, for the glaze (1 tsp at a time)
- [ ] a few extra chopped **pecans**, to sprinkle (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the almond flour, granulated sweetener, baking powder and salt, then stir in the toasted chopped pecans until evenly spread. 0:28
2. Add the egg, melted butter, cream and maple extract and work everything together with a rubber spatula until the dough comes together. 1:07
3. Line a baking sheet with baking paper or a silicone mat and dust it with almond flour. Turn the dough out and pat it into a circle 18–20 cm across, dusting with a little more flour if sticky. 2:04
4. Cut the circle into 8 wedges with a large sharp knife. 3:03
5. Space the wedges well apart on the sheet and bake at 165°C for 18–25 minutes, until golden and firm on top. Cool about 20 minutes. 3:22
6. For the glaze, whisk the powdered sweetener, cream and maple extract, then add water 1 tsp at a time until thick but pourable. 4:15
7. Drizzle the glaze thickly over the cooled scones and sprinkle with a few more chopped pecans if you like. 4:44

> **Tip** Use finely ground almond flour for a tender scone. Brown erythritol sweetener can replace the granulated one in the dough.

The method is a summary in our words — the video shows every step.

## One portion (1 scone) gives you 1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| **294 kcal**<br>1,230 kJ | **7.2 g**<br>14% of a day | **7.4 g**<br>3.4 g net · 1.9 g sugars<br>3% of a day |
| **FIBRE** | **FAT** | **SODIUM** |
| **4 g**<br>14% of a day | **28 g**<br>7.1 g saturated<br>36% of a day | **190 mg**<br>8% of a day |

**Energy from** net carbs 5% · protein 10% · fat 85% — fits keto: 3.4 g net carbs, 85% of the energy from fat

**High in** (20%+ of a day) Vitamin E 47%

**Source of** (10–19%) Magnesium 19% · Zinc 11% · Vitamin A 10%

**Recipe and video:** All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=veNpJXzUm6M, published 7 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-maple-pecan-scones