

# Pineapple Scones

Grains/Breads

Grains/Breads

A-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 4 oz	1 qt $\frac{2}{3}$ cup	2 lb 8 oz	2 qt 1 $\frac{3}{8}$ cups	<ol style="list-style-type: none"> <li>Combine flour, brown sugar, baking powder, cinnamon, ginger, and salt in a mixing bowl. Mix using a paddle attachment for 30 seconds on low speed.</li> <li>Add oil and mix for 2 minutes on low speed, until mixture resembles coarse crumbs.</li> <li>Drain pineapple and reserve <math>\frac{1}{2}</math> cup juice. In a bowl, combine crushed pineapple, reserved pineapple juice or milk, and eggs. Slowly add to the dry ingredients and mix for 1 minute at low speed, until dry ingredients are moistened. Scrape down sides of bowl and mix for 30 seconds on medium speed. Dough should be sticky.</li> <li>Divide dough into balls 9 oz each. For 25 servings, 5 balls. For 50 servings, 10 balls.</li> </ol>
Brown sugar, packed	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	
Baking powder		1 Tbsp		2 Tbsp	
Ground cinnamon		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground ginger		$\frac{1}{2}$ tsp		1 tsp	
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Vegetable oil		3 Tbsp		$\frac{1}{4}$ cup 1 Tbsp	
Canned crushed, unsweetened pineapple	12 oz	1 $\frac{1}{4}$ cups ( $\frac{2}{3}$ No. 2 can)	1 lb 8 oz	2 $\frac{1}{2}$ cups (1 $\frac{1}{3}$ No. 2 cans)	
Reserved pineapple juice OR Lowfat milk		$\frac{1}{2}$ cup OR $\frac{1}{2}$ cup		1 cup OR 1 cup	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	$\frac{1}{2}$ cup OR 3 each	8 oz	1 cup OR 5 each	

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Sugar	3 Tbsp			¼ cup 1 Tbsp	<p>5. Sprinkle 1 Tbsp of sugar on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 3 pans. For 50 servings, use 5 pans. Place two 9 oz balls of dough on each pan. For 25 servings, 1 pan will have 1 ball of dough. Shape each ball into a 6" round about ¾" thick. Score the top surface of each round into 5 pie shaped wedges, cutting about ¼" deep with a sharp knife.</p> <p>6. Topping: Combine sugar and cinnamon (optional) in a small bowl. Sprinkle ½ tsp of mixture over each round.</p> <p>7. Bake until golden brown: Conventional oven: 350° F for 19 minutes Convection oven: 325° F for 15 minutes</p> <p>8. Glaze: 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.</p> <p>9. Cut each round into 5 pie-shaped wedges. Each wedge is one scone. Portion is 1 scone.</p> <p>10. No CCP necessary.</p>
Sugar	2 ½ tsp			1 Tbsp 1 tsp	
Cinnamon (optional)	½ tsp			1 tsp	
Powdered sugar	4 oz	⅔ cup	8 oz	1 ⅓ cups	
Lemon juice	2 Tbsp			¼ cup	
Grated lemon peel	⅛ tsp			¼ tsp	

SERVING:	YIELD:	VOLUME:
1 scone provides the equivalent of 1 ½ slices bread.	<b>25 Servings:</b> 2 lb 14 oz	<b>25 Servings:</b> 25 scones
	<b>50 Servings:</b> 5 lb 12 oz	<b>50 Servings:</b> 50 scones
	Edited 2014	

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

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## Nutrients Per Serving

<b>Calories</b>	159	<b>Saturated Fat</b>	0.37 g	<b>Iron</b>	1.40 mg
<b>Protein</b>	2.97 g	<b>Cholesterol</b>	19 mg	<b>Calcium</b>	55 mg
<b>Carbohydrate</b>	32.21 g	<b>Vitamin A</b>	31 IU	<b>Sodium</b>	76 mg
<b>Total Fat</b>	2.07 g	<b>Vitamin C</b>	1.3 mg	<b>Dietary Fiber</b>	0.7 g