

*1/4 cup ground ginger*  
*1/4 cup ground cinnamon*  
*1 1/2 sticks (3/4 cup) unsalted butter,*  
*cut into 1/2-inch pieces*  
*1 1/4 cups buttermilk*  
*1 cup canned pumpkin puree*  
*(all pumpkin, not pumpkin*  
*pie filling)*

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## Alice's Tea Cup Pumpkin Scones

 Vegetarian

READY IN



22 min.

SERVINGS



6

CALORIES



419 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 5 oz buttermilk
- ☐ 0.5 cup pumpkin puree canned (all pumpkin, not pumpkin pie filling)
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons granulated sugar
- ☐ 2 full tablespoons ground cinnamon

- ☐ 2 full tablespoons ground ginger
- ☐ 0.3 cup heavy cream
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon juice of lemon freshly squeezed
- ☐ 4 oz butter unsalted
- ☐ 1 tablespoons vanilla extract pure

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ spatula

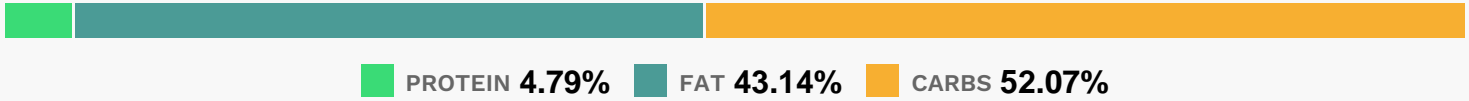
## Directions

- ☐ Preheat the oven to 425°F. In a large mixing bowl, combine the flour, sugar, baking soda, baking powder, salt, ginger, and cinnamon. With clean hands, work the butter into the dry mixture until it is thoroughly incorporated and has the consistency of fine breadcrumbs. Make a well in the center of the dry ingredients, and pour the buttermilk, pumpkin, and vanilla extract into the well. Still using your hands (I did this with a spatula scraper), combine the ingredients until all the dry mixture is wet, but do not knead! Turn the mixture onto a floured surface and gather the dough together. Gently pat the dough to make a disk about 1 1/2 inches thick. (My dough was pretty soft, so I used about a 1/3 cup measure and made drop scones) using a 3- or 3 1/2- inch biscuit cutter, cut out as many scones as you can and lay them on a nonstick baking sheet. Gather the remaining dough together lightly to cut out more scones—just don't knead the dough too much (Again, I bypassed all that and made drop scones).
- ☐ Bake the scones for about 12 minutes, or until lightly browned.
- ☐ Place the butter, brown sugar, lemon juice, and salt in a saucepan over medium heat and whisk gently until the mixture is smooth. Just as the mixture comes to a light boil, add the

heavy cream and reduce the heat to low.

- Whisk well for 2 minutes, or until the glaze is thickened and smooth; then remove the pan from the heat.To glaze a scone, hold it by the bottom, dip the top in the warm caramel glaze, and place it back on the baking sheet. Makes 5 o 6

## Nutrition Facts



## Properties

Glycemic Index:45.52, Glycemic Load:22.03, Inflammation Score:-10, Nutrition Score:14.691304497097%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

## Nutrients (% of daily need)

Calories: 419.23kcal (20.96%), Fat: 20.25g (31.15%), Saturated Fat: 12.62g (78.85%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 52.42g (19.06%), Sugar: 26.41g (29.35%), Cholesterol: 54.44mg (18.15%), Sodium: 220.09mg (9.57%), Alcohol: 0.75g (100%), Alcohol %: 0.69% (100%), Protein: 5.05g (10.11%), Manganese: 1.69mg (84.37%), Vitamin A: 3839.06IU (76.78%), Selenium: 14.38µg (20.54%), Vitamin B1: 0.27mg (17.77%), Folate: 62.55µg (15.64%), Iron: 2.81mg (15.59%), Vitamin B2: 0.24mg (14.18%), Calcium: 128.64mg (12.86%), Vitamin B3: 2.35mg (11.77%), Fiber: 2.57g (10.3%), Phosphorus: 97.31mg (9.73%), Magnesium: 25.7mg (6.43%), Potassium: 202.88mg (5.8%), Copper: 0.11mg (5.46%), Vitamin E: 0.81mg (5.39%), Vitamin K: 5.46µg (5.2%), Vitamin D: 0.75µg (5%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.55mg (3.65%), Vitamin B6: 0.07mg (3.53%), Vitamin B12: 0.16µg (2.61%), Vitamin C: 1.07mg (1.29%)