



Apple-Ginger Scones

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.3 cup sugar
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 6 tablespoons butter cut into pieces
- 0.5 cup apples peeled finely chopped
- 0.3 cup candied ginger finely chopped
- 1 eggs

- 0.5 cup whipping cream
- 0.5 teaspoon lemon zest grated
- 0.8 cup powdered sugar
- 2 tablespoons juice of lemon fresh

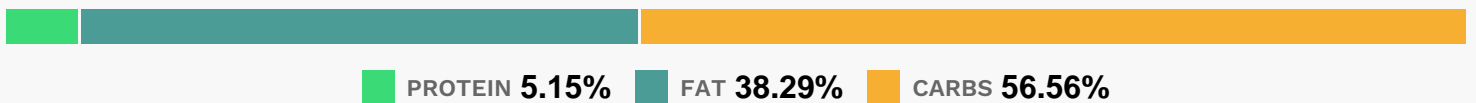
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 400°F. Spray cookie sheet with nonstick cooking spray. In medium bowl, combine flour, sugar, baking powder and salt; mix well. With pastry blender or fork, cut in butter until mixture resembles coarse crumbs. Stir in apple and ginger.
- Beat egg in small bowl. Stir in cream and lemon peel.
- Add to dry ingredients; stir just until moistened.
- On floured surface, gently knead dough 5 or 6 times.
- Place dough on sprayed cookie sheet; press to form 8-inch round, about 1 inch thick.
- Cut into 8 wedges; separate wedges slightly.
- Bake at 400°F. for 15 to 20 minutes or until light golden brown and center is set.
- In small bowl, combine powdered sugar and lemon juice; blend well.
- Drizzle warm scones with glaze.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:23.74, Inflammation Score:-4, Nutrition Score:6.6565216883369%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 343.12kcal (17.16%), Fat: 14.76g (22.71%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 48g (17.46%), Sugar: 24.09g (26.77%), Cholesterol: 59.84mg (19.95%), Sodium: 385.4mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Selenium: 12.96µg (18.51%), Vitamin B1: 0.25mg (16.89%), Folate: 61.68µg (15.42%), Vitamin B2: 0.22mg (12.79%), Manganese: 0.22mg (10.97%), Calcium: 109.39mg (10.94%), Vitamin A: 515.26IU (10.31%), Iron: 1.75mg (9.74%), Vitamin B3: 1.87mg (9.37%), Phosphorus: 89.83mg (8.98%), Fiber: 1.06g (4.24%), Vitamin E: 0.48mg (3.18%), Vitamin B5: 0.28mg (2.81%), Copper: 0.06mg (2.75%), Vitamin C: 2.06mg (2.5%), Magnesium: 9.83mg (2.46%), Vitamin D: 0.35µg (2.32%), Zinc: 0.34mg (2.28%), Potassium: 70.82mg (2.02%), Vitamin B6: 0.03mg (1.69%), Vitamin B12: 0.09µg (1.51%), Vitamin K: 1.49µg (1.42%)