



Apricot-Ginger Scones

 Vegetarian

READY IN



33 min.

SERVINGS



8

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter cold cut into 1/2-inch cubes
- 2 tablespoons crystallized ginger finely chopped
- 0.5 cup apricots dried finely chopped
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup sugar
- 8 servings vanilla glaze

1 cup whipping cream divided

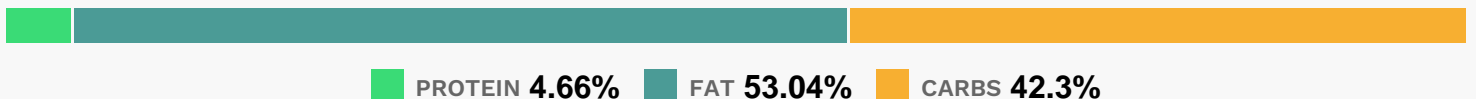
Equipment

- bowl
- baking sheet
- oven
- blender
- wax paper

Directions

- Preheat oven to 45
- Stir together first 4 ingredients in a large bowl.
- Cut butter into flour mixture with a pastry blender until crumbly and mixture resembles small peas. Freeze 5 minutes.
- Add 3/4 cup plus 2 Tbsp. cream, apricots, and ginger, stirring just until dry ingredients are moistened.
- Turn dough out onto wax paper; gently press or pat dough into a 7-inch round (mixture will be crumbly).
- Cut round into 8 wedges.
- Place wedges 2 inches apart on a lightly greased baking sheet.
- Brush tops of wedges with remaining 2 Tbsp. cream just until moistened.
- Bake at 450 for 13 to 15 minutes or until golden.
- Drizzle with Vanilla Glaze.

Nutrition Facts



Properties

Glycemic Index:40.06, Glycemic Load:24.95, Inflammation Score:-6, Nutrition Score:7.6095652761667%

Nutrients (% of daily need)

Calories: 379.99kcal (19%), Fat: 22.62g (34.8%), Saturated Fat: 14.18g (88.65%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 39.16g (14.24%), Sugar: 15.64g (17.37%), Cholesterol: 64.12mg (21.37%), Sodium: 405.59mg (17.63%), Alcohol: 0.34g (100%), Alcohol %: 0.45% (100%), Protein: 4.47g (8.94%), Vitamin A: 1084.7IU (21.69%), Selenium: 11.86µg (16.94%), Vitamin B1: 0.25mg (16.89%), Folate: 59.62µg (14.9%), Vitamin B2: 0.22mg (13.16%), Calcium: 120.62mg (12.06%), Manganese: 0.24mg (11.78%), Vitamin B3: 2.08mg (10.42%), Iron: 1.87mg (10.39%), Phosphorus: 93.1mg (9.31%), Vitamin E: 0.97mg (6.49%), Fiber: 1.44g (5.76%), Potassium: 161.33mg (4.61%), Copper: 0.08mg (3.89%), Vitamin D: 0.48µg (3.17%), Magnesium: 12.37mg (3.09%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.34mg (2.25%), Vitamin K: 2.29µg (2.18%), Vitamin B6: 0.04mg (1.82%), Vitamin B12: 0.07µg (1.2%)