

Berry Scones



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup cranberries frozen (I love cranberries or blueberries here)
- ☐ 5 tablespoons butter unsalted diced chilled
- ☐ 2 cups flour gluten-free all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk low-fat fine (is , nonfat is not)
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon xanthan gum

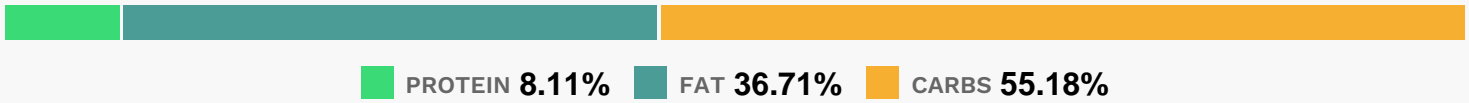
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Preheat your oven to 400°F. Line baking sheets with parchment paper and set them aside.
- ☐ Combine the flour, xanthan gum, baking powder, salt, and sugar in a large bowl.
- ☐ Transfer a few tablespoons of this dry ingredient mixture to a small bowl and add the frozen berries. Toss to coat the berries and set aside the small bowl.
- ☐ To the large bowl with the dry ingredients, add the diced butter.
- ☐ Cut it in until the butter resembles pea-size chunks covered in flour. You can either use a pastry cutter or two knives and pretend like you're cutting steak with them over and over.
- ☐ Add the milk to the dry ingredient/butter mixture and stir to combine. The dough will come together. Once the dough has come together, add the berries to the dough and gently fold them in until they are evenly distributed throughout. Handling it as little as possible to keep the butter from melting in your hands, turn the dough out onto a lightly floured surface and pat it into a rectangle about 1/2 inch thick.
- ☐ Cut the dough into 8 triangles.
- ☐ Transfer the triangles to baking sheets lined with parchment paper, a couple of inches apart.
- ☐ Brush with a bit of milk and sprinkle with a tiny bit of sugar, if you like.
- ☐ Bake for 15 to 20 minutes, until the scones are puffed up and slightly brown around the edges.
- ☐ Serve immediately.
- ☐ Shoestring Savings
- ☐ Berry Scones
- ☐ On a shoestring: 42¢ per scone
- ☐ If you bought it: \$1.75 per scone (frozen)

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:2.95, Inflammation Score:-2, Nutrition Score:3.3417391342961%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 194.73kcal (9.74%), Fat: 8.42g (12.96%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 24.69g (8.98%), Sugar: 6.02g (6.68%), Cholesterol: 20.29mg (6.76%), Sodium: 327.92mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Fiber: 3.8g (15.21%), Calcium: 148.52mg (14.85%), Iron: 1.29mg (7.15%), Phosphorus: 67.72mg (6.77%), Vitamin A: 283.98IU (5.68%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.46µg (3.04%), Vitamin B2: 0.05mg (2.78%), Vitamin E: 0.37mg (2.49%), Manganese: 0.05mg (2.34%), Vitamin C: 1.75mg (2.12%), Potassium: 60.6mg (1.73%), Vitamin B5: 0.15mg (1.53%), Vitamin B1: 0.02mg (1.25%), Vitamin B6: 0.03mg (1.25%), Magnesium: 4.87mg (1.22%), Vitamin K: 1.27µg (1.21%), Selenium: 0.74µg (1.06%)