



Blackberry-Lemon Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.3 cup sugar
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.3 teaspoon baking soda
- 0.5 cup butter unsalted frozen
- 0.5 cup cream sour
- 1 eggs

- 1 tablespoon lemon zest grated
- 6 oz blackberries fresh
- 1 tablespoon sugar

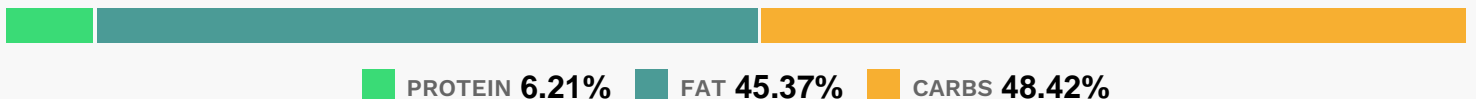
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- In large bowl, mix flour, 1/3 cup sugar, the baking powder, salt and baking soda. Grate butter into flour mixture, then work in with fingers until mixture looks like coarse meal. In small bowl, beat sour cream, egg and lemon peel with whisk or fork.
- Add sour cream mixture and blackberries to flour mixture. Stir until dough comes together (some berries may become slightly crushed).
- On cookie sheet, pat dough into 7-inch round.
- Cut into 8 wedges; separate slightly.
- Sprinkle evenly with 1 tablespoon sugar.
- Bake 14 to 16 minutes or until light golden brown. Cool 5 to 10 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:24.47, Inflammation Score:-5, Nutrition Score:7.5995651587196%

Flavonoids

Cyanidin: 21.25mg, Cyanidin: 21.25mg, Cyanidin: 21.25mg, Cyanidin: 21.25mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 299.42kcal (14.97%), Fat: 15.26g (23.48%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 34.61g (12.58%), Sugar: 11.49g (12.76%), Cholesterol: 59.44mg (19.81%), Sodium: 247.35mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Selenium: 13.11µg (18.72%), Manganese: 0.35mg (17.75%), Vitamin B1: 0.26mg (17.05%), Folate: 66.47µg (16.62%), Vitamin B2: 0.22mg (12.73%), Vitamin A: 519.68IU (10.39%), Vitamin B3: 2.01mg (10.04%), Iron: 1.76mg (9.77%), Fiber: 2.05g (8.2%), Phosphorus: 74.69mg (7.47%), Vitamin C: 5.56mg (6.74%), Calcium: 62.43mg (6.24%), Vitamin K: 5.53µg (5.27%), Vitamin E: 0.71mg (4.74%), Copper: 0.09mg (4.52%), Vitamin B5: 0.35mg (3.46%), Magnesium: 13.76mg (3.44%), Zinc: 0.47mg (3.11%), Potassium: 98.37mg (2.81%), Vitamin D: 0.32µg (2.15%), Vitamin B6: 0.04mg (1.85%), Vitamin B12: 0.1µg (1.72%)