



## Blueberry Almond Scones

 Vegetarian

READY IN



35 min.

SERVINGS



30

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon almond extract
- 0.5 cup almonds chopped
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup blueberries fresh
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon juice of lemon

- 2 teaspoons lemon zest
- 0.3 cup milk
- 1 tablespoon pomegranate juice
- 2 tablespoons blueberry preserves
- 0.5 teaspoon salt
- 5 tablespoons butter unsalted
- 0.8 cup sugar white

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- microwave

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Line two baking sheets with parchment paper.
- Place 2 tablespoons blueberries in a microwaveable bowl; heat in the microwave until very soft, about 20 seconds. Stir in the preserves and pomegranate juice; set aside.
- Cream together the butter and sugar in a small bowl using an electric hand mixer. Beat in the egg.
- Add the milk, almond extract, lemon zest, lemon juice, and the blueberry mixture, continuing to beat until combined.
- Sift together the flour, baking powder, baking soda, and salt in a bowl. Gradually add the flour mixture to the blueberry mixture, continually beating until you have a soft dough. Fold the almonds and 1 cup blueberries into the dough. Drop dough by rounded teaspoonfuls onto lined baking sheets.
- Bake until golden brown, about 15 minutes.

# Nutrition Facts

PROTEIN 7.6% FAT 34.35% CARBS 58.05%

## Properties

Glycemic Index:12.17, Glycemic Load:8.51, Inflammation Score:-1, Nutrition Score:2.5678260585536%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg Delphinidin: 2.1mg, Delphinidin: 2.1mg, Delphinidin: 2.1mg, Delphinidin: 2.1mg Malvidin: 4mg, Malvidin: 4mg, Malvidin: 4mg, Malvidin: 4mg Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 88.08kcal (4.4%), Fat: 3.43g (5.27%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.35g (4.49%), Sugar: 5.93g (6.59%), Cholesterol: 10.8mg (3.6%), Sodium: 107.24mg (4.66%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.71g (3.41%), Manganese: 0.13mg (6.65%), Vitamin B1: 0.07mg (4.99%), Selenium: 3.49µg (4.98%), Vitamin B2: 0.08mg (4.9%), Vitamin E: 0.72mg (4.81%), Folate: 17.57µg (4.39%), Phosphorus: 33.3mg (3.33%), Iron: 0.55mg (3.07%), Vitamin B3: 0.61mg (3.05%), Calcium: 28.73mg (2.87%), Fiber: 0.68g (2.72%), Magnesium: 9.32mg (2.33%), Copper: 0.04mg (2.11%), Vitamin A: 73.91IU (1.48%), Vitamin K: 1.39µg (1.33%), Zinc: 0.18mg (1.17%), Potassium: 39.31mg (1.12%)