



Blueberry Oat Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 5.5 ounces blueberries fresh
- ☐ 0.8 teaspoon coarse kosher salt
- ☐ 0.3 cup brown sugar packed ()
- ☐ 1.8 cups half and half chilled
- ☐ 1 cup old-fashioned oats

- ☐ 5 teaspoons sugar raw
- ☐ 11 tablespoons butter unsalted chilled cut into 1/2-inch cubes (1 stick plus 3 tablespoons)
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ measuring cup

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 350°F. Line 2 rimmed baking sheets with parchment paper.
- ☐ Combine flour, brown sugar, baking powder, baking soda, and coarse salt in processor; blend 5 seconds.
- ☐ Add butter. Using on/off turns, blend until mixture resembles coarse meal.
- ☐ Transfer mixture to large bowl.
- ☐ Add 1 cup oats and blueberries; stir to blend evenly.
- ☐ Stir half and half and vanilla in small bowl. Gradually add to flour mixture, tossing until dough just comes together (dough will be very moist).
- ☐ Using 1/2-cup measuring cup for each scone, drop dough in mounds onto prepared baking sheets, spacing 3 inches apart.
- ☐ Sprinkle tops with remaining 3 tablespoons oats, then raw sugar.
- ☐ Bake 15 minutes. Reverse sheets and continue baking until scones are golden and tester inserted into center from side comes out clean, about 12 minutes longer.
- ☐ Transfer scones to rack and cool slightly.
- ☐ Serve warm or at room temperature.
- ☐ *Also called turbinado or demerara sugar; available at most supermarkets and at natural foods stores.

Nutrition Facts



 **PROTEIN 6.83%**  **FAT 43.14%**  **CARBS 50.03%**

Properties

Glycemic Index:20.58, Glycemic Load:19.69, Inflammation Score:-5, Nutrition Score:8.3060870326084%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg Delphinidin: 4.6mg, Delphinidin: 4.6mg, Delphinidin: 4.6mg, Delphinidin: 4.6mg Malvidin: 8.78mg, Malvidin: 8.78mg, Malvidin: 8.78mg, Malvidin: 8.78mg Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 316.37kcal (15.82%), Fat: 15.26g (23.47%), Saturated Fat: 9.2g (57.5%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 37.97g (13.81%), Sugar: 10.53g (11.7%), Cholesterol: 39.94mg (13.31%), Sodium: 414.03mg (18%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 5.44g (10.87%), Manganese: 0.51mg (25.44%), Selenium: 13.89µg (19.85%), Vitamin B1: 0.29mg (19.5%), Folate: 61.63µg (15.41%), Vitamin B2: 0.24mg (14.31%), Phosphorus: 121.81mg (12.18%), Calcium: 113.98mg (11.4%), Iron: 1.96mg (10.86%), Vitamin B3: 2.03mg (10.13%), Vitamin A: 452.65IU (9.05%), Fiber: 1.84g (7.36%), Magnesium: 21.66mg (5.42%), Copper: 0.09mg (4.38%), Zinc: 0.64mg (4.25%), Vitamin K: 4.09µg (3.9%), Potassium: 126.9mg (3.63%), Vitamin B5: 0.35mg (3.53%), Vitamin E: 0.51mg (3.38%), Vitamin B6: 0.05mg (2.39%), Vitamin C: 1.58mg (1.91%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.19µg (1.28%)