



Blueberry Oatmeal Scones

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1 cup blueberries fresh frozen thawed
- 6 tablespoons butter cubed
- 0.5 cup flour all-purpose
- 2 tablespoons milk
- 0.5 cup pecans
- 1.5 cups rolled oats

0.3 cup granulated sugar white

0.5 cup flour whole wheat

Equipment

baking sheet

oven

mixing bowl

pastry cutter

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.

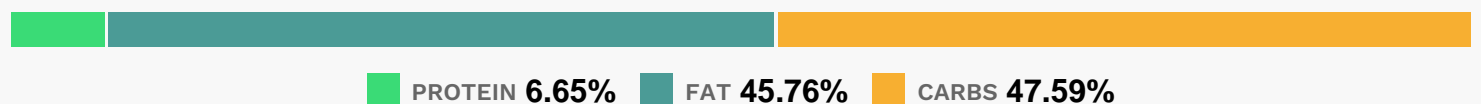
Stir the oatmeal, flours, sugar, baking soda, and baking powder together in a mixing bowl. Use a pastry cutter or two forks and cut in the butter with the flour mixture until crumbly and well blended. Stir the milk into the flour mixture until just combined. Lightly stir in the pecans and blueberries. Collect the dough into a ball and pat into a large circle about 1 inch high.

Cut into 8 wedges, and place on prepared baking sheet.

Brush tops with 2 tablespoons milk.

Bake in preheated oven until lightly browned, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:51.89, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:9.0978261970955%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 7.01mg, Delphinidin: 7.01mg, Delphinidin: 7.01mg, Delphinidin: 7.01mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 274.67kcal (13.73%), Fat: 14.43g (22.21%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 30.19g (10.98%), Sugar: 10.79g (11.99%), Cholesterol: 23.02mg (7.68%), Sodium: 212.78mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Manganese: 1.25mg (62.56%), Selenium: 12.16µg (17.37%), Vitamin B1: 0.22mg (14.61%), Fiber: 3.59g (14.35%), Phosphorus: 131.43mg (13.14%), Magnesium: 42.33mg (10.58%), Copper: 0.19mg (9.34%), Iron: 1.53mg (8.53%), Zinc: 1.14mg (7.59%), Folate: 25.25µg (6.31%), Vitamin B2: 0.1mg (5.91%), Vitamin B3: 1.16mg (5.81%), Vitamin A: 282.6IU (5.65%), Vitamin K: 5µg (4.77%), Calcium: 46.32mg (4.63%), Potassium: 138.62mg (3.96%), Vitamin E: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.35mg (3.52%), Vitamin C: 1.86mg (2.26%)