

Blueberry Scones

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup blueberries fresh
- 0.3 cup brown sugar packed
- 0.3 cup butter chilled
- 1 eggs
- 2 cups flour all-purpose
- 0.8 cup half-and-half cream
- 0.3 teaspoon salt

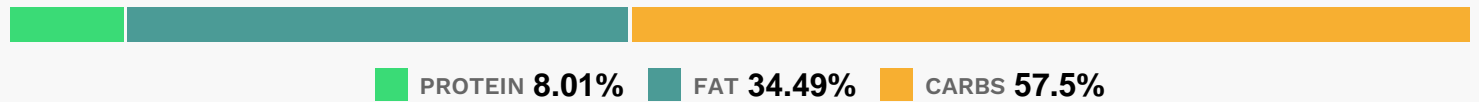
Equipment

- bowl
- oven
- baking spatula

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut butter into mixture of flour, sugar, baking powder, and salt.
- Add blueberries and toss to mix.
- In separate bowl beat together cream and egg, and slowly pour into dry ingredients, stirring with rubber scraper until dough forms. Knead just until it comes together, 3 or 4 times. Don't overhandle.
- Divide dough in half. On lightly floured board, shape each half into a 6-inch round.
- Cut into 6 wedges.
- Bake on ungreased sheet about 20 minutes at 375 degrees F (190 degrees C).
- Serve warm!!

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:12.35, Inflammation Score:-3, Nutrition Score:4.7269565799962%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 159.78kcal (7.99%), Fat: 6.17g (9.49%), Saturated Fat: 3.64g (22.78%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 22.28g (8.1%), Sugar: 6.37g (7.08%), Cholesterol: 29.1mg (9.7%), Sodium: 201.11mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Selenium: 8.79µg (12.56%), Vitamin B1: 0.17mg (11.62%), Folate: 41.23µg (10.31%), Manganese: 0.19mg (9.39%), Vitamin B2: 0.16mg (9.16%), Calcium: 85.83mg (8.58%), Phosphorus: 68.84mg (6.88%), Iron: 1.22mg (6.76%), Vitamin B3: 1.31mg (6.54%), Vitamin A: 198.18IU (3.96%), Fiber: 0.86g (3.44%), Vitamin K: 2.98µg (2.84%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (2.17%), Magnesium: 8.05mg (2.01%), Zinc: 0.28mg (1.85%), Potassium: 64.25mg (1.84%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.33mg (1.62%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.07µg (1.16%)