



Blueberry Scones

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries dried fresh rinsed
- ☐ 0.3 cup butter cold cut in pats
- ☐ 1 eggs beaten
- ☐ 1.8 cup flour all-purpose
- ☐ 0.1 cup granulated sugar
- ☐ 0.5 cup half-and-half
- ☐ 0.3 cup heavy cream

- ☐ 1 pinch kosher salt
- ☐ 0.1 cup brown sugar light

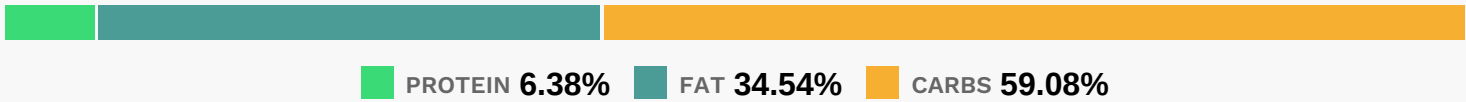
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F. and on low fan speed, if using a convection oven.
- ☐ By hand in a large bowl, blend the butter pats with the flour, sugar, brown sugar, salt and baking powder until the butter has been combined.
- ☐ Add the blueberries, and mix well, being careful not to crush all the berries.
- ☐ In second bowl with a whisk, blend the cream, half-and-half, and the egg. Stir in the flour mixture and mix until the dough comes together. This is our scone dough.
- ☐ Remove the scone dough from bowl and knead on floured counter, rolling 5 to 6 times, ensuring not to over blend; this will result in a tough dough. Divide the dough into 12 even triangular shape portions. Arrange on a cookie sheet and bake until the tops are slightly browned, about 15 to 20 minutes.
- ☐ Remove from the oven and transfer the scones to a serving platter.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:11.77, Inflammation Score:-3, Nutrition Score:4.439999960039%

Nutrients (% of daily need)

Calories: 199.5kcal (9.97%), Fat: 7.65g (11.77%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 27.29g (9.92%), Sugar: 11.93g (13.25%), Cholesterol: 32.94mg (10.98%), Sodium: 156.7mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Selenium: 7.87µg (11.24%), Vitamin B1: 0.15mg

(9.92%), Folate: 35.75µg (8.94%), Calcium: 87.34mg (8.73%), Fiber: 2.16g (8.64%), Vitamin B2: 0.14mg (8.1%), Iron: 1.29mg (7.16%), Manganese: 0.13mg (6.36%), Phosphorus: 62.54mg (6.25%), Vitamin B3: 1.1mg (5.49%), Vitamin A: 246.56IU (4.93%), Potassium: 147.01mg (4.2%), Vitamin B5: 0.19mg (1.86%), Magnesium: 6.38mg (1.59%), Copper: 0.03mg (1.58%), Zinc: 0.23mg (1.54%), Vitamin E: 0.23mg (1.53%), Vitamin B12: 0.07µg (1.13%), Vitamin B6: 0.02mg (1.11%), Vitamin D: 0.15µg (1.02%)