



Blueberry Scones with Lemon Glaze

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



648 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 cups baking mix
- ☐ 0.5 cup blueberries frozen
- ☐ 1 cup confectioners' sugar
- ☐ 2 large eggs
- ☐ 4 servings lemon juice from chicken cutlet recipe
- ☐ 0.3 cup milk
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted

☐ 0.5 teaspoon vanilla extract

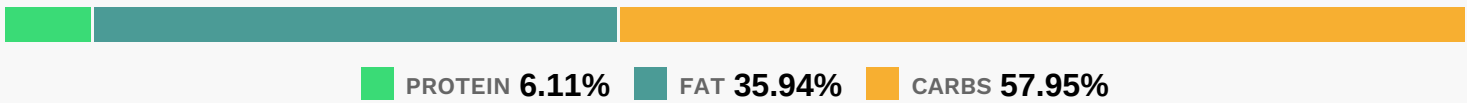
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Whisk together the baking mix and sugar in a large bowl.
- ☐ Mix in the butter with your hands or a pastry blender until the butter is the size of peas. Beat the eggs well with the 1/4 cup milk in a small bowl.
- ☐ Pour the wet ingredients into the dry ingredients and combine until just blended. Do not over mix. Gently fold in the blueberries. Turn the dough out onto a floured surface and pat into a 3/4-inch thick square.
- ☐ Cut into 4 squares, then cut each square into 2 triangles. Arrange the scones on an ungreased baking sheet and bake until golden brown, about 15 minutes.
- ☐ Remove to a wire rack and let cool a bit before glazing.
- ☐ Whisk together the confectioners' sugar, lemon juice, and vanilla until smooth.
- ☐ Pour evenly over the warm scones.
- ☐ Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:9.89, Inflammation Score:-6, Nutrition Score:14.220434831536%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg 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: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 647.73kcal (32.39%), Fat: 26.06g (40.09%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 94.55g (31.52%), Net Carbohydrates: 92.48g (33.63%), Sugar: 53.67g (59.63%), Cholesterol: 126.83mg (42.28%), Sodium: 1000.96mg (43.52%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 9.96g (19.92%), Phosphorus: 510.51mg (51.05%), Vitamin B1: 0.46mg (30.73%), Vitamin B2: 0.49mg (28.6%), Folate: 110.04µg (27.51%), Selenium: 14.02µg (20.03%), Vitamin B3: 3.54mg (17.7%), Calcium: 172.9mg (17.29%), Manganese: 0.33mg (16.5%), Iron: 2.61mg (14.48%), Vitamin B5: 1.16mg (11.62%), Vitamin A: 528.14IU (10.56%), Vitamin B12: 0.62µg (10.36%), Vitamin C: 7.82mg (9.48%), Vitamin K: 9.56µg (9.1%), Fiber: 2.06g (8.26%), Copper: 0.15mg (7.61%), Magnesium: 25.93mg (6.48%), Vitamin B6: 0.13mg (6.29%), Potassium: 214.32mg (6.12%), Zinc: 0.89mg (5.93%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.82mg (5.5%)