



Blueberry Scones with Lemon Glaze

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



433 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 2 cups confectioners' sugar sifted
- ☐ 2 cups flour all-purpose
- ☐ 1 cup heavy cream plus more for brushing the scones
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 1 lemon zest finely grated
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 5 tablespoons butter unsalted cold cut in chunks

Equipment

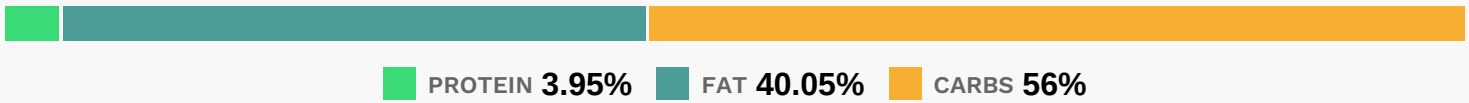
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Sift together the dry ingredients; the flour, baking powder, salt, and sugar. Using 2 forks or a pastry blender, cut in the butter to coat the pieces with the flour. The mixture should look like coarse crumbs. Fold the blueberries into the batter. Take care not to mash or bruise the blueberries because their strong color will bleed into the dough. Make a well in the center and pour in the heavy cream. Fold everything together just to incorporate; do not overwork the dough.
- ☐ Press the dough out on a lightly floured surface into a rectangle about 12 by 3 by 1 1/4 inches.
- ☐ Cut the rectangle in 1/2 then cut the pieces in 1/2 again, giving you 4 (3-inch) squares.
- ☐ Cut the squares in 1/2 on a diagonal to give you the classic triangle shape.
- ☐ Place the scones on an ungreased cookie sheet and brush the tops with a little heavy cream.
- ☐ Bake for 15 to 20 minutes until beautiful and brown.
- ☐ Let the scones cool a bit before you apply the glaze.

- ☐ You can make the lemon glaze in a double boiler, or for a simpler alternative, you can zap it in the microwave.
- ☐ Mix the lemon juice with the confectioners' until dissolved in a heatproof bowl over a pot of simmering water for the double-boiler method, or in a microwave-safe bowl.
- ☐ Whisk in the butter and lemon zest. Either nuke the glaze for 30 seconds or continue whisking in the double boiler.
- ☐ Whisk the glaze to smooth out any lumps, then drizzle the glaze over the top of the scones.
- ☐ Let it set a minute before serving.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:20.62, Inflammation Score:-6, Nutrition Score:7.8060869185821%

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: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg 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: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 433.48kcal (21.67%), Fat: 19.67g (30.26%), Saturated Fat: 12.3g (76.85%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 60.48g (21.99%), Sugar: 35.55g (39.5%), Cholesterol: 56.19mg (18.73%), Sodium: 315.17mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin B1: 0.26mg (17.52%), Selenium: 11.83µg (16.9%), Folate: 62.95µg (15.74%), Vitamin A: 711IU (14.22%), Manganese: 0.28mg (13.98%), Vitamin B2: 0.23mg (13.57%), Calcium: 118.43mg (11.84%), Vitamin C: 8.84mg (10.72%), Vitamin B3: 1.96mg (9.81%), Iron: 1.74mg (9.65%), Phosphorus: 89.92mg (8.99%), Fiber: 1.42g (5.66%), Vitamin K: 5.35µg (5.1%), Vitamin E: 0.67mg (4.44%), Vitamin D: 0.63µg (4.22%), Copper: 0.07mg (3.31%), Magnesium: 11.71mg (2.93%), Potassium: 96.36mg (2.75%),

Vitamin B5: 0.27mg (2.7%), Zinc: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.12%), Vitamin B12: 0.07µg (1.09%)