



Blueberry Scones with Lemon Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 4 tablespoons butter
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 3 optional: lemon
- ☐ 0.5 teaspoon salt

- ☐ 2 cups cream light sour
- ☐ 0.3 teaspoon vanilla extract

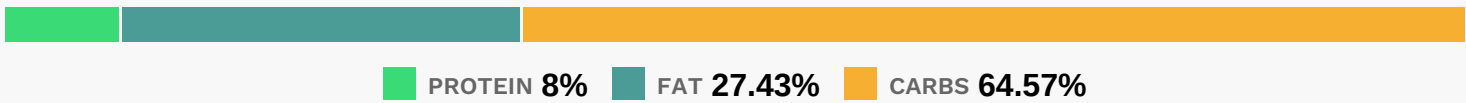
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ microplane

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix all the dry ingredients together.
- ☐ Cut in softened butter. Gently fold in the sour cream and vanilla. Fold in blueberries. Do not overwork the dough.
- ☐ Scoop dough (about 1/3 cup) onto two lightly greased baking sheets.
- ☐ Bake 30 minutes or until golden brown. Cool 5 minutes.
- ☐ Zest one lemon with a microplane grater.
- ☐ Cut all three lemons in half; juice. In a medium sauce pan over medium heat, whisk together the lemon zest, lemon juice, eggs and sugar.
- ☐ Whisk constantly; do NOT boil. Once the mixture is hot, turn the heat to low and whisk in the butter, 1 tablespoon at a time. Continue cooking on low for 6 minutes until the lemon glaze has thickened.
- ☐ Remove from heat and let cool.
- ☐ Serve warm scones with lemon glaze. Store any leftover lemon glaze in refrigerator.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:30.19, Inflammation Score:-5, Nutrition Score:8.4495652343916%

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 Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 289.63kcal (14.48%), Fat: 9.03g (13.89%), Saturated Fat: 5.22g (32.63%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 45.92g (16.7%), Sugar: 18.75g (20.83%), Cholesterol: 50.73mg (16.91%), Sodium: 276.59mg (12.03%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 5.92g (11.84%), Selenium: 14.3µg (20.43%), Vitamin C: 15.85mg (19.21%), Vitamin B1: 0.28mg (18.61%), Folate: 68.7µg (17.18%), Vitamin B2: 0.25mg (14.66%), Manganese: 0.27mg (13.3%), Calcium: 130.72mg (13.07%), Iron: 1.92mg (10.68%), Phosphorus: 104.32mg (10.43%), Vitamin B3: 1.96mg (9.79%), Fiber: 1.9g (7.59%), Vitamin A: 294.55IU (5.89%), Potassium: 173.38mg (4.95%), Vitamin B12: 0.23µg (3.9%), Copper: 0.07mg (3.74%), Magnesium: 14.86mg (3.72%), Zinc: 0.55mg (3.65%), Vitamin B5: 0.32mg (3.21%), Vitamin B6: 0.06mg (3.1%), Vitamin E: 0.43mg (2.87%), Vitamin K: 3.01µg (2.87%), Vitamin D: 0.22µg (1.49%)