



Blueberry-White Chocolate Chunk Scones

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 oz baker's chocolate white chopped (6 oz.)
- 1 cup blueberries
- 1 Tbsp calumet baking powder
- 1 eggs beaten
- 3 cups flour
- 1 Tbsp lemon zest
- 0.8 cup milk divided
- 0.5 tsp salt

- 0.5 cup sugar divided
- 0.8 cup butter unsalted cold cut into pieces

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 375F.
- Mix flour, 1/2 cup sugar, baking powder and salt in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add 3/4 cup milk, egg and lemon zest; stir just until mixture forms dough. Stir in blueberries and chopped chocolate.
- Divide dough in half. On lightly floured surface, pat each half into a round, 9 inches in diameter and 1-inch thick.
- Cut each round into 8 wedges.
- Place wedges on baking sheet.
- Brush tops with remaining milk; sprinkle with remaining sugar.
- Bake 25 min. or until golden brown.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 6.13% **FAT 43.74%** **CARBS 50.13%**

Properties

Glycemic Index:9.63, Glycemic Load:8.43, Inflammation Score:-1, Nutrition Score:2.1465217497038%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 96.2kcal (4.81%), Fat: 4.73g (7.27%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.83g (4.3%), Sugar: 4.79g (5.33%), Cholesterol: 14.39mg (4.8%), Sodium: 67.45mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Selenium: 3.79µg (5.42%), Vitamin B1: 0.08mg (5.34%), Folate: 18.24µg (4.56%), Vitamin B2: 0.07mg (4.07%), Manganese: 0.08mg (3.87%), Calcium: 32.41mg (3.24%), Phosphorus: 29.97mg (3%), Vitamin B3: 0.6mg (2.99%), Iron: 0.51mg (2.82%), Vitamin A: 122.64IU (2.45%), Fiber: 0.36g (1.46%), Vitamin K: 1.32µg (1.25%), Vitamin E: 0.17mg (1.11%), Vitamin B5: 0.1mg (1.02%)