



Brown Sugar-Pecan Scones



Vegetarian

READY IN



33 min.

SERVINGS



8

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup butter cold cut into 1/2-inch cubes
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipping cream divided

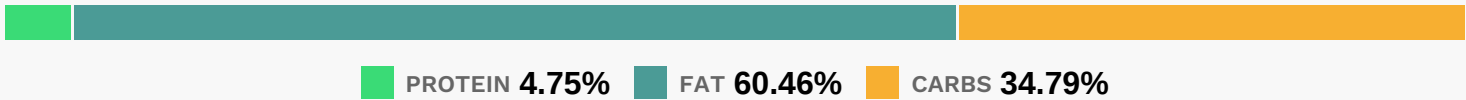
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wax paper

Directions

- ☐ Preheat oven to 45
- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly and mixture resembles small peas. Freeze 5 minutes.
- ☐ Add 3/4 cup plus 2 Tbsp. cream and pecans, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto wax paper; gently press or pat dough into a 7-inch round (mixture will be crumbly).
- ☐ Cut round into 8 wedges.
- ☐ Place wedges 2 inches apart on a lightly greased baking sheet.
- ☐ Brush tops of wedges with remaining 2 Tbsp. cream just until moistened.
- ☐ Bake at 450 for 13 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:17.66, Inflammation Score:-6, Nutrition Score:8.2200000622998%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 395.01kcal (19.75%), Fat: 27.01g (41.55%), Saturated Fat: 14.57g (91.04%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 33.53g (12.19%), Sugar: 10.1g (11.22%), Cholesterol: 64.12mg (21.37%), Sodium: 406.79mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Manganese: 0.5mg (24.91%), Vitamin B1: 0.29mg (19.52%), Selenium: 11.98µg (17.11%), Vitamin A: 795.34IU (15.91%), Folate: 60.26µg (15.06%), Vitamin B2: 0.22mg (13.13%), Calcium: 127.9mg (12.79%), Phosphorus: 104.78mg (10.48%), Iron: 1.87mg (10.39%), Vitamin B3: 1.95mg (9.76%), Copper: 0.13mg (6.35%), Fiber: 1.44g (5.76%), Vitamin E: 0.71mg (4.72%), Magnesium: 17.96mg (4.49%), Zinc: 0.59mg (3.91%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.29mg (2.94%), Potassium: 103mg (2.94%), Vitamin K: 2.26µg (2.15%), Vitamin B6: 0.04mg (2.07%), Vitamin B12: 0.07µg (1.2%)