



## Candied Orange-Oat Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 8 servings butter and marmalade softened for serving
- 0.8 cup buttermilk
- 1.5 ounces candied orange peel finely chopped
- 1.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon heavy cream
- 1.5 cups rolled oats instant (not )

- 1 pinch salt
- 1 tablespoon sugar for sprinkling
- 6 ounces butter unsalted chilled cut into 1/2-inch pieces and

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- blender
- wooden spoon

## Directions

- Preheat the oven to 375 and position a rack in the center. In a medium skillet, toast the oats over moderately high heat, stirring constantly, until golden and fragrant, about 5 minutes.
- Transfer to a plate to cool completely.
- In a large bowl, combine the flour with the granulated sugar, baking powder and salt. Using 2 knives or a pastry blender, cut in the butter until the pieces are the size of small peas. Stir in the rolled oats and candied orange peel. Make a well in the center and pour in the buttermilk. Stir with a wooden spoon just until the dough is evenly moistened.
- Transfer the dough to a floured surface and pat it into an 8-inch round about 1/2 inch thick. Pinch together any cracks around the edges.
- Brush the dough with the heavy cream and sprinkle it with the demerara sugar.
- Cut the round into 8 wedges and transfer them to a baking sheet.
- Bake the candied orange-oat scones for about 25 minutes, or until golden on top and bottom.
- Transfer the scones to a wire rack to cool slightly.
- Serve with softened butter and marmalade.
- Make Ahead: The scones can be stored in an airtight container overnight.

## Nutrition Facts

PROTEIN 5.39% FAT 53.37% CARBS 41.24%

## Properties

Glycemic Index:44.76, Glycemic Load:21.34, Inflammation Score:-6, Nutrition Score:8.7747826891263%

## Nutrients (% of daily need)

Calories: 399.12kcal (19.96%), Fat: 23.97g (36.87%), Saturated Fat: 14.56g (90.98%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 39.42g (14.33%), Sugar: 13.4g (14.89%), Cholesterol: 61.06mg (20.35%), Sodium: 149.66mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Manganese: 0.72mg (36.02%), Selenium: 13.56µg (19.37%), Vitamin B1: 0.27mg (17.75%), Vitamin A: 721.99IU (14.44%), Phosphorus: 130.87mg (13.09%), Folate: 49.74µg (12.44%), Vitamin B2: 0.19mg (11.28%), Iron: 1.85mg (10.27%), Fiber: 2.25g (9.02%), Calcium: 90.11mg (9.01%), Vitamin B3: 1.59mg (7.93%), Magnesium: 29.49mg (7.37%), Zinc: 0.83mg (5.57%), Copper: 0.1mg (5.23%), Vitamin E: 0.72mg (4.82%), Vitamin D: 0.64µg (4.28%), Vitamin B5: 0.39mg (3.92%), Potassium: 122.26mg (3.49%), Vitamin B12: 0.15µg (2.52%), Vitamin K: 2.36µg (2.24%), Vitamin B6: 0.04mg (1.75%)