



Cornmeal-Berry Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup flour all-purpose
- 1 cup cornmeal yellow
- 2 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon lemon zest grated
- 0.3 teaspoon salt
- 6 tablespoons butter firm cut into cubes

- 0.5 cup soymilk
- 1 tablespoon orange juice
- 1.5 cups strawberries coarsely chopped
- 1 tablespoon soymilk
- 1 tablespoons sugar

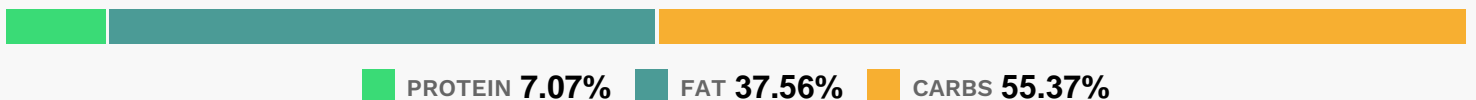
Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender

Directions

- Heat oven to 425°. Spray cookie sheet with cooking spray, or line with cooking parchment paper.
- Mix flour, cornmeal, 2 tablespoons sugar, the baking powder, baking soda, orange peel and salt in large bowl.
- Cut in butter using pastry blender, just until mixture looks like coarse crumbs. Stir in 1/2 cup soy milk and the orange juice just until flour is moistened. Fold in strawberries.
- Place dough on floured surface. Knead 6 to 8 times to form a ball. Divide in half; shape into two 6 x 1/2-inch rounds on cookie sheet.
- Brush rounds with 1 tablespoon soy milk and sprinkle with 1 to 2 tablespoons sugar.
- Cut each round into 6 wedges.
- Bake 12 to 15 minutes or until tops are lightly browned. Separate wedges; serve warm.

Nutrition Facts



Properties

Glycemic Index:48.71, Glycemic Load:14.38, Inflammation Score:-3, Nutrition Score:5.3400000541107%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 162.29kcal (8.11%), Fat: 6.85g (10.53%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 20.76g (7.55%), Sugar: 4.51g (5.02%), Cholesterol: 15.05mg (5.02%), Sodium: 216.23mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin C: 12.14mg (14.72%), Manganese: 0.23mg (11.3%), Vitamin B1: 0.13mg (8.96%), Folate: 32.07µg (8.02%), Fiber: 1.94g (7.76%), Vitamin B3: 1.39mg (6.93%), Selenium: 4.74µg (6.78%), Phosphorus: 61.92mg (6.19%), Calcium: 61.88mg (6.19%), Iron: 1.09mg (6.04%), Vitamin B6: 0.12mg (5.89%), Vitamin B2: 0.09mg (5.48%), Magnesium: 19.29mg (4.82%), Vitamin A: 223.5IU (4.47%), Vitamin E: 0.55mg (3.67%), Zinc: 0.54mg (3.62%), Copper: 0.07mg (3.52%), Potassium: 101.76mg (2.91%), Vitamin B12: 0.13µg (2.19%), Vitamin B5: 0.16mg (1.57%)