



Cranberry-Buttermilk Scones

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter
- ☐ 0.5 cup buttermilk
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.7 cup cranberries dried sweetened
- ☐ 1.5 teaspoons vanilla extract

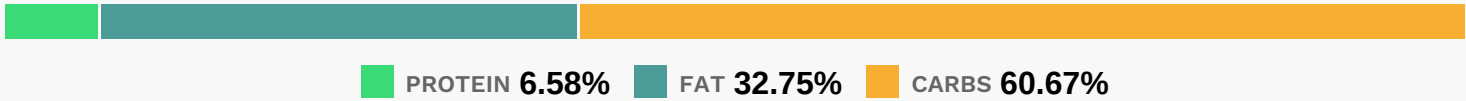
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Stir together first 5 ingredients; cut in butter with a pastry blender. Stir in cranberries.
- ☐ Combine buttermilk, egg and vanilla; mix into flour mixture until just moistened.
- ☐ Drop dough in 10 tablespoonfuls onto a greased baking sheet.
- ☐ Bake at 375 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:18.79, Inflammation Score:-3, Nutrition Score:5.0717391561231%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 217.56kcal (10.88%), Fat: 7.98g (12.28%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 32.17g (11.7%), Sugar: 13.27g (14.74%), Cholesterol: 35.75mg (11.92%), Sodium: 250.34mg (10.88%), Alcohol: 0.21g (100%), Alcohol %: 0.4% (100%), Protein: 3.61g (7.22%), Selenium: 10.44µg (14.92%), Vitamin B1: 0.21mg (13.68%), Folate: 48.67µg (12.17%), Vitamin B2: 0.17mg (10.07%), Manganese: 0.2mg (9.77%), Vitamin B3: 1.54mg (7.7%), Iron: 1.34mg (7.47%), Phosphorus: 61.76mg (6.18%), Calcium: 58.18mg (5.82%), Vitamin A: 253.48IU (5.07%), Fiber: 1.1g (4.42%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.25mg (2.5%), Copper: 0.05mg (2.41%), Magnesium: 7.95mg (1.99%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.24µg (1.63%), Potassium: 56.15mg (1.6%), Vitamin B6: 0.03mg (1.31%), Vitamin K: 1.33µg (1.26%)