



Cranberry-Buttermilk Scones

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup cranberries fresh thawed
- ☐ 1 large eggs lightly beaten
- ☐ 1 egg white lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup buttermilk low-fat well-shaken
- ☐ 0.3 teaspoon salt

- ☐ 0.7 cup sugar
- ☐ 1.5 teaspoons coarse sugar
- ☐ 2 tablespoons butter unsalted chilled cut into small pieces
- ☐ 0.5 teaspoon vanilla extract pure

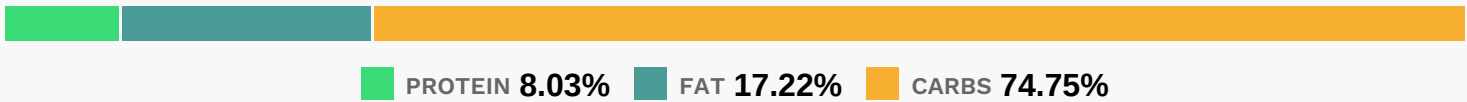
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients; cut in butter with pastry blender until mixture resembles a coarse meal.
- ☐ Whisk together the buttermilk, egg, and vanilla.
- ☐ Add to dry ingredients with cranberries; stir just until moist.
- ☐ On lightly floured surface, knead dough with floured hands 5 or 6 times; pat into 7-inch round.
- ☐ Cut into 6 wedges; transfer wedges to parchment-lined baking sheet.
- ☐ Brush tops with egg white, and sprinkle with coarse sugar.
- ☐ Bake 15 minutes or until golden.
- ☐ Let cool on wire rack 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:58.7, Glycemic Load:34.43, Inflammation Score:-3, Nutrition Score:6.8952174186707%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 265.8kcal (13.29%), Fat: 5.13g (7.89%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 48.68g (17.7%), Sugar: 24.72g (27.47%), Cholesterol: 41.57mg (13.86%), Sodium: 325.43mg (14.15%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 5.38g (10.76%), Selenium: 14.62µg (20.89%), Vitamin B1: 0.26mg (17.04%), Folate: 62.28µg (15.57%), Vitamin B2: 0.24mg (14.39%), Manganese: 0.28mg (13.93%), Calcium: 106.3mg (10.63%), Iron: 1.81mg (10.03%), Phosphorus: 95.05mg (9.51%), Vitamin B3: 1.88mg (9.42%), Fiber: 1.45g (5.79%), Vitamin B5: 0.37mg (3.65%), Vitamin A: 177.89IU (3.56%), Copper: 0.07mg (3.29%), Vitamin C: 2.47mg (2.99%), Vitamin E: 0.44mg (2.94%), Magnesium: 11.39mg (2.85%), Zinc: 0.41mg (2.71%), Potassium: 88.92mg (2.54%), Vitamin B6: 0.04mg (2.12%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.29µg (1.23%)