



Cranberry Eggnog Cornbread Scones

 Popular

READY IN



35 min.

SERVINGS



8

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup butter chilled
- 0.5 cup cornmeal
- 0.8 cup raisins dried sweetened (, cranberries)
- 0.7 cup eggnog
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup sugar white

Equipment

- baking sheet
- oven
- mixing bowl
- pastry cutter

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Stir the flour, cornmeal, sugar, baking powder, and salt together in a mixing bowl until blended.
- Cut in the butter using a pastry cutter or two knives until coarse crumbs form.
- Mix in the raisins. Use a fork to stir in the eggnog and make a sticky dough.
- Turn the dough out onto a lightly floured surface; dip hands in flour and knead the dough about 10 times. Pat the dough out into a disk about 1/2 inch thick. Dip a 2 inch diameter biscuit cutter into some flour, and cut out 8 to 10 rounds.
- Place rounds about 2 inches apart on prepared baking sheet. Use up remaining dough by patting it into a smaller disk and cutting again.
- Bake in preheated oven until risen and golden brown, about 15 minutes.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 6.77% **FAT 27.76%** **CARBS 65.47%**

Properties

Glycemic Index:51.32, Glycemic Load:28.71, Inflammation Score:-4, Nutrition Score:7.5969565394132%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 306.23kcal (15.31%), Fat: 9.6g (14.77%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 50.93g (16.98%), Net Carbohydrates: 48.54g (17.65%), Sugar: 18.52g (20.57%), Cholesterol: 32.82mg (10.94%), Sodium: 378.26mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin B1: 0.28mg (18.95%), Selenium: 12.3µg (17.56%), Manganese: 0.31mg (15.44%), Folate: 61.06µg (15.27%), Vitamin B2: 0.21mg (12.46%), Calcium: 124.41mg (12.44%), Phosphorus: 115.23mg (11.52%), Iron: 2.01mg (11.15%), Vitamin B3: 2.18mg (10.89%), Fiber: 2.38g (9.53%), Magnesium: 22.58mg (5.65%), Vitamin A: 279.97IU (5.6%), Vitamin B6: 0.09mg (4.38%), Zinc: 0.65mg (4.3%), Copper: 0.08mg (3.99%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.32mg (3.19%), Potassium: 108.7mg (3.11%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.25µg (1.69%), Vitamin K: 1.7µg (1.62%)