



## Cranberry-Graham Scones

READY IN



30 min.

SERVINGS



10

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 tsp calumet baking powder
- 0.5 cup cranberries dried
- 2 eggs
- 1 cup flour
- 8 cinnamon graham crackers crushed finely
- 0.3 cup butter cold ()
- 3 Tbsp milk divided
- 0.3 cup planters pecan pieces
- 0.3 cup sugar divided

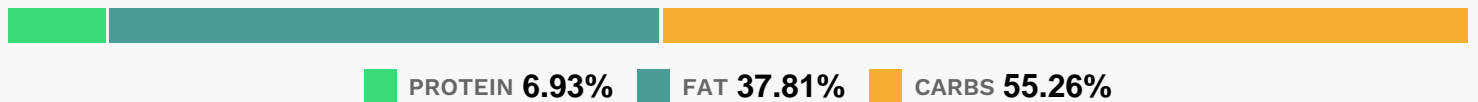
## Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- toothpicks

## Directions

- Heat oven to 375F.
- Mix flour, graham crumbs, 3 Tbsp. sugar and baking powder in medium bowl.
- Cut in margarine with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add eggs, 2 Tbsp. milk, cranberries and nuts; stir just until blended.
- Pat dough into 9-inch circle on greased baking sheet.
- Brush with remaining milk; sprinkle with remaining sugar.
- Cut into 10 wedges. (Do not separate wedges.)
- Bake 18 to 20 min. or until top is golden brown and toothpick inserted in center comes out clean. Cool on baking sheet 5 min. Separate wedges, using knife to cut apart if necessary.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:35.91, Glycemic Load:16.77, Inflammation Score:-3, Nutrition Score:4.9652173906241%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## **Nutrients (% of daily need)**

Calories: 206.35kcal (10.32%), Fat: 8.84g (13.59%), Saturated Fat: 1.67g (10.47%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 27.75g (10.09%), Sugar: 12.36g (13.73%), Cholesterol: 33.28mg (11.09%), Sodium: 248.13mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Manganese: 0.23mg (11.34%), Selenium: 7.2µg (10.28%), Vitamin B1: 0.15mg (9.94%), Phosphorus: 89.34mg (8.93%), Vitamin B2: 0.14mg (8.43%), Calcium: 84.15mg (8.42%), Folate: 32.82µg (8.2%), Iron: 1.4mg (7.79%), Vitamin B3: 1.24mg (6.2%), Fiber: 1.3g (5.21%), Vitamin A: 259.33IU (5.19%), Zinc: 0.57mg (3.78%), Magnesium: 14.93mg (3.73%), Copper: 0.06mg (3.24%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.04mg (2.15%), Potassium: 68.92mg (1.97%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.5%)