



## Cranberry-Orange Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.7 cup buttermilk
- ☐ 1 cup cranberries dried
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 1 tablespoon orange rind grated

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar

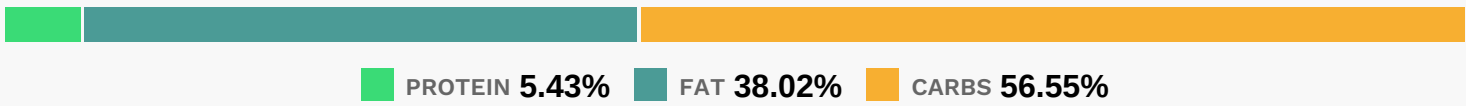
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Combine first 6 ingredients; cut in butter with a pastry blender until mixture is crumbly.
- ☐ Add buttermilk and dried cranberries, stirring just until moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 5 or 6 times. Pat into an 8-inch circle.
- ☐ Cut into 8 wedges, and place 1 inch apart on a lightly greased baking sheet.
- ☐ Brush with milk, and sprinkle with 1 tablespoon sugar.
- ☐ Bake at 425 for 15 minutes or until scones are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:53.27, Glycemic Load:21.11, Inflammation Score:-4, Nutrition Score:6.7360869438752%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 294.51kcal (14.73%), Fat: 12.72g (19.56%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 40.82g (14.84%), Sugar: 16.65g (18.5%), Cholesterol: 32.93mg (10.98%), Sodium: 414.46mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin B1: 0.26mg (17.29%), Selenium: 11.64µg (16.63%), Folate: 58.84µg (14.71%), Manganese: 0.25mg (12.73%), Calcium: 124.2mg (12.42%), Vitamin B2:

0.2mg (11.88%), Vitamin B3: 1.96mg (9.8%), Iron: 1.69mg (9.4%), Phosphorus: 90.28mg (9.03%), Vitamin A: 393.73IU (7.87%), Fiber: 1.73g (6.92%), Vitamin E: 0.68mg (4.55%), Copper: 0.06mg (3.04%), Vitamin B5: 0.27mg (2.72%), Magnesium: 10.56mg (2.64%), Zinc: 0.33mg (2.22%), Vitamin K: 2.3µg (2.19%), Potassium: 76.07mg (2.17%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.28µg (1.87%), Vitamin B6: 0.03mg (1.48%), Vitamin C: 1.05mg (1.27%)