

## Cranberry Orange Wheat Scones

READY IN



35 min.

SERVINGS



15

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 1 eggs
- 0.3 teaspoon nutmeg
- 0.8 cup milk
- 0.3 cup orange juice
- 2 tablespoons orange zest grated
- 1 teaspoon salt
- 0.5 cup shortening

- 1 cup cranberries dried sweetened craisins® (i.e.)
- 0.5 cup wheat germ
- 2.3 cups flour whole wheat

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a baking sheet.
- In a large bowl, stir together the whole wheat flour, wheat germ, brown sugar, baking powder, salt and nutmeg.
- Mix in shortening until everything looks crumbly. Stir in the cranberries and orange zest. In a separate bowl, stir together the egg, milk and orange juice. Make a well in the center of the dry ingredients and pour in the wet mixture. Stir until dough forms. Turn out onto a floured surface and knead briefly to get the dough to hold together.
- Roll out to 1/2 inch thickness and cut into circles with a biscuit cutter.
- Place scones 2 inches apart on the baking sheet.
- Bake in the preheated oven until the tops and bottoms are golden brown, 15 to 20 minutes.
- Serve warm.

## Nutrition Facts



**PROTEIN 8.29%** **FAT 37.7%** **CARBS 54.01%**

## Properties

Glycemic Index:16.8, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:9.2695650950722%

## 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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin:

0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

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

Calories: 191.39kcal (9.57%), Fat: 8.45g (13%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 24.21g (8.8%), Sugar: 10.45g (11.62%), Cholesterol: 12.38mg (4.13%), Sodium: 279.51mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Manganese: 1.3mg (64.81%), Selenium: 15.81µg (22.59%), Phosphorus: 142.15mg (14.22%), Fiber: 3.03g (12.13%), Vitamin B1: 0.18mg (12.07%), Magnesium: 38.19mg (9.55%), Calcium: 92.91mg (9.29%), Vitamin B6: 0.15mg (7.3%), Zinc: 1.06mg (7.06%), Iron: 1.16mg (6.45%), Vitamin B3: 1.27mg (6.37%), Copper: 0.12mg (5.96%), Folate: 21.91µg (5.48%), Vitamin E: 0.76mg (5.08%), Vitamin B2: 0.08mg (4.97%), Vitamin K: 4.65µg (4.43%), Potassium: 143.46mg (4.1%), Vitamin C: 3.17mg (3.84%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.09µg (1.53%), Vitamin D: 0.19µg (1.29%)