



Cranberry-Pistachio Scones

 Vegetarian

READY IN



33 min.

SERVINGS



8

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter cold cut into 1/2-inch cubes
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup roasted pistachios salted coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 cup whipping cream divided

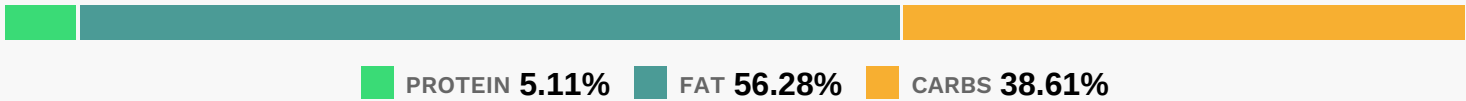
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wax paper

Directions

- ☐ Preheat oven to 45
- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly and mixture resembles small peas. Freeze 5 minutes.
- ☐ Add 3/4 cup plus 2 Tbsp. cream, cranberries, and pistachios, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto wax paper; gently press or pat dough into a 7-inch round (mixture will be crumbly).
- ☐ Cut round into 8 wedges.
- ☐ Place wedges 2 inches apart on a lightly greased baking sheet.
- ☐ Brush tops of wedges with remaining 2 Tbsp. cream just until moistened.
- ☐ Bake at 450 for 13 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:23.57, Inflammation Score:-6, Nutrition Score:7.6643478559411%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin:

0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 382.77kcal (19.14%), Fat: 24.36g (37.48%), Saturated Fat: 14.4g (90%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 36.17g (13.15%), Sugar: 12.32g (13.69%), Cholesterol: 64.12mg (21.37%), Sodium: 404.54mg (17.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin B1: 0.29mg (19.06%), Selenium: 11.97µg (17.1%), Vitamin A: 807.82IU (16.16%), Folate: 60.76µg (15.19%), Manganese: 0.27mg (13.52%), Vitamin B2: 0.22mg (13.17%), Calcium: 120.42mg (12.04%), Phosphorus: 106.41mg (10.64%), Iron: 1.82mg (10.1%), Vitamin B3: 1.94mg (9.7%), Fiber: 1.44g (5.77%), Vitamin E: 0.79mg (5.26%), Copper: 0.1mg (5.07%), Vitamin B6: 0.09mg (4.57%), Magnesium: 14.45mg (3.61%), Vitamin D: 0.48µg (3.17%), Potassium: 106.86mg (3.05%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.26mg (2.57%), Vitamin K: 2.33µg (2.22%), Vitamin B12: 0.07µg (1.2%)