

Cranberry Scone

READY IN



35 min.

SERVINGS



8

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 0.7 cup buttermilk
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 0.5 cup chocolate chips white

Equipment

☐ food processor

☐ bowl

☐ baking sheet

☐ baking paper

☐ oven

☐ blender

☐ toothpicks

Directions

☐ Place the oven rack in the middle. Preheat oven for 15 minutes at 400F/200C. Line a baking sheet with parchment paper.

☐ Mix together the flour, sugar, baking powder, baking soda and salt in a large bowl.

☐ Cut the butter into small pieces and blend it together with the flour. Use a pastry blender or two forks to mix in the butter. The mixture should look like coarse crumbs. You could also do this in a food processor, pulsing it a couple of times. Stir in the chocolate chips and dried cranberries.

☐ Add the vanilla extract to the flour mix. Then add the buttermilk as needed, until the dough comes together. Be careful not to over-mix. I used the entire 3/4th cup of buttermilk.

☐ Transfer the dough to a floured surface and knead lightly a couple of times. Flatten the dough into a 7 inch round circle and about 1 and 1/2 inches in thickness.

☐ Cut this circle in half and then cut each circle into 4 triangles.

☐ Place the scones on the prepared baking sheet and brush the tops of the scones with little milk.

☐ Bake for about 15 to 20 minutes, until golden brown or when a toothpick inserted in the middle of the scone comes out clean. Mine was done in about 16 minutes. I did the toothpick test and it came out clean but the scones did not turn golden brown as shown in the picture of the original recipe.

Nutrition Facts



 PROTEIN **5.47%**  FAT **42.69%**  CARBS **51.84%**

Properties

Glycemic Index:48.51, Glycemic Load:26.73, Inflammation Score:-4, Nutrition Score:6.6226086655389%

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 Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 337.68kcal (16.88%), Fat: 16.19g (24.91%), Saturated Fat: 9.91g (61.94%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 42.96g (15.62%), Sugar: 19.51g (21.67%), Cholesterol: 35.07mg (11.69%), Sodium: 296.58mg (12.89%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.66g (9.33%), Vitamin B1: 0.26mg (17.57%), Selenium: 12.07µg (17.24%), Folate: 59.4µg (14.85%), Vitamin B2: 0.23mg (13.48%), Manganese: 0.24mg (11.83%), Vitamin B3: 2mg (9.98%), Calcium: 91.05mg (9.1%), Phosphorus: 88.28mg (8.83%), Iron: 1.59mg (8.83%), Vitamin A: 390.92IU (7.82%), Fiber: 1.27g (5.08%), Vitamin E: 0.63mg (4.19%), Vitamin B5: 0.31mg (3.13%), Copper: 0.06mg (3.12%), Vitamin B12: 0.18µg (2.99%), Potassium: 100.73mg (2.88%), Magnesium: 11.04mg (2.76%), Zinc: 0.4mg (2.67%), Vitamin K: 2.75µg (2.62%), Vitamin D: 0.26µg (1.73%), Vitamin B6: 0.03mg (1.53%)