

# Cranberry Scones

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar packed
- 0.3 cup butter diced chilled
- 1 cup cranberries fresh roughly chopped
- 1 eggs
- 2 cups flour all-purpose
- 0.3 teaspoon ground nutmeg
- 0.8 cup half-and-half cream

- 1 orange zest grated
- 0.3 teaspoon salt
- 0.5 cup walnuts chopped
- 0.3 cup sugar white

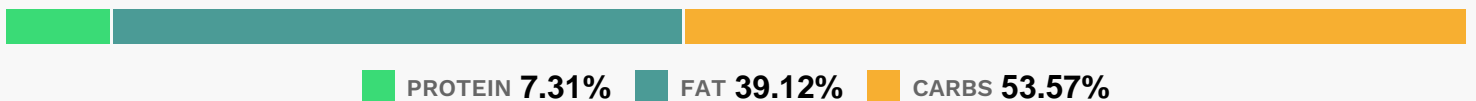
## Equipment

- bowl
- baking sheet
- oven
- baking spatula

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, stir together flour, brown sugar, baking powder, nutmeg and salt.
- Cut in butter until mixture resembles coarse crumbs.
- In a separate bowl, toss cranberries with sugar; add to flour mixture along with orange peel and nuts.
- Mix lightly.
- In another bowl, beat together cream and egg; slowly pour into dry ingredients, mixing with rubber scraper until dough forms. Knead dough 4 or 5 times, being careful not to over handle. Divide dough in half. Turn out onto lightly floured surface. Shape each half into a 6 inch circle.
- Cut each circle into 6 wedges.
- Place scones on lightly greased baking sheets.
- Bake in preheated oven until golden brown, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.17, Glycemic Load:16.03, Inflammation Score:-3, Nutrition Score:5.821304290191%

## Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 211.04kcal (10.55%), Fat: 9.35g (14.39%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 27.52g (10.01%), Sugar: 11.18g (12.43%), Cholesterol: 29.1mg (9.7%), Sodium: 201.35mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Manganese: 0.34mg (17.21%), Selenium: 9.07µg (12.95%), Vitamin B1: 0.19mg (12.58%), Folate: 45.68µg (11.42%), Vitamin B2: 0.16mg (9.5%), Calcium: 92.28mg (9.23%), Phosphorus: 85.44mg (8.54%), Iron: 1.36mg (7.53%), Vitamin B3: 1.33mg (6.64%), Copper: 0.12mg (6.01%), Fiber: 1.31g (5.22%), Vitamin A: 201.74IU (4.03%), Magnesium: 15.81mg (3.95%), Vitamin C: 2.73mg (3.31%), Vitamin B6: 0.06mg (2.89%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.26mg (2.6%), Potassium: 85.3mg (2.44%), Vitamin E: 0.35mg (2.3%), Vitamin B12: 0.07µg (1.16%), Vitamin K: 1.15µg (1.09%)