



Cranberry Scones

READY IN



45 min.

SERVINGS



16

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 cups self raising flour
- 0.5 cup granulated sugar
- 1 teaspoon orange zest grated
- 0.5 cup butter
- 1 cup cranberries fresh halved
- 1 eggs
- 0.3 cup buttermilk
- 0.5 cup butter softened
- 2 tablespoons powdered sugar

- 1 teaspoon orange zest grated

Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- measuring cup
- pizza cutter

Directions

- Heat oven to 400°F. Grease large cookie sheet with shortening or cooking spray. In large bowl, stir together flour, granulated sugar and 1 teaspoon orange peel.
- Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture resembles coarse crumbs. Stir in cranberries.
- In 1-cup measuring cup, beat egg well.
- Add buttermilk to make 2/3 cup.
- Add to flour mixture; stir gently with fork until dry particles begin to cling together. (Do not add more liquid.
- Mixture may be crumbly.)
- On lightly floured surface, gently press dough together to form ball. Divide dough in half.
- Place both halves on cookie sheet; flatten each into 6-inch round. With floured knife or pizza cutter, cut each into 8 wedges. Separate wedges slightly, about 1/2 inch apart.
- Bake 20 to 25 minutes or until golden brown. Cool on cookie sheet 5 minutes.
- Meanwhile, in small bowl, mix orange butter ingredients until well blended.
- Serve warm scones with orange butter.

Nutrition Facts



Properties

Glycemic Index:13.32, Glycemic Load:15.69, Inflammation Score:-4, Nutrition Score:3.1478261144265%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 224.72kcal (11.24%), Fat: 12.27g (18.87%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 24.61g (8.95%), Sugar: 7.81g (8.68%), Cholesterol: 10.78mg (3.59%), Sodium: 143.63mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Selenium: 10.39µg (14.84%), Vitamin A: 535.86IU (10.72%), Manganese: 0.21mg (10.47%), Vitamin E: 0.65mg (4.33%), Phosphorus: 36.43mg (3.64%), Fiber: 0.81g (3.26%), Vitamin B2: 0.04mg (2.55%), Copper: 0.05mg (2.51%), Folate: 9.56µg (2.39%), Vitamin B5: 0.2mg (1.95%), Magnesium: 7.55mg (1.89%), Zinc: 0.26mg (1.74%), Vitamin B1: 0.02mg (1.64%), Calcium: 16.04mg (1.6%), Iron: 0.28mg (1.56%), Vitamin C: 1.24mg (1.51%), Potassium: 45.62mg (1.3%), Vitamin B3: 0.25mg (1.26%), Vitamin B12: 0.06µg (1.03%), Vitamin B6: 0.02mg (1.02%)