



Cranberry Scones

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.5 cup cranberries fresh halved
- ☐ 1 large eggs lightly beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup buttermilk low-fat

- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 teaspoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cornmeal yellow

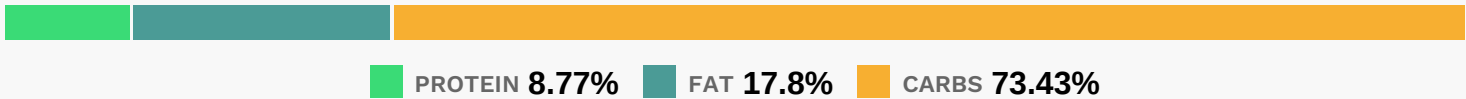
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 5 ingredients (flour through salt) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add cranberries, tossing to coat.
- ☐ Combine buttermilk, rind, and egg; add to flour mixture, stirring just until moist (dough will be sticky).
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 5 times with floured hands. Pat dough into a 7-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut the dough into 10 wedges, cutting into but not completely through dough.
- ☐ Bake at 375 for 30 minutes or until golden. Sift powdered sugar over scones; serve warm.

Nutrition Facts



Properties

Glycemic Index:40.06, Glycemic Load:21.18, Inflammation Score:-2, Nutrition Score:4.8526086781336%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 169.01kcal (8.45%), Fat: 3.36g (5.17%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 30.05g (10.93%), Sugar: 11.11g (12.34%), Cholesterol: 25.1mg (8.37%), Sodium: 213.96mg (9.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Selenium: 9.53µg (13.61%), Vitamin B1: 0.19mg (12.71%), Folate: 44.5µg (11.12%), Manganese: 0.19mg (9.75%), Vitamin B2: 0.16mg (9.24%), Iron: 1.33mg (7.41%), Phosphorus: 71.92mg (7.19%), Vitamin B3: 1.41mg (7.04%), Calcium: 68.62mg (6.86%), Fiber: 1.16g (4.63%), Magnesium: 11.58mg (2.9%), Zinc: 0.4mg (2.67%), Copper: 0.05mg (2.49%), Vitamin B5: 0.25mg (2.47%), Vitamin B6: 0.05mg (2.44%), Vitamin A: 106.03IU (2.12%), Potassium: 66.49mg (1.9%), Vitamin E: 0.22mg (1.45%), Vitamin B12: 0.08µg (1.26%), Vitamin C: 0.96mg (1.16%)