



Cranberry-Walnut Scones

READY IN



48 min.

SERVINGS



24

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 cup butter cold
- 3 Tbsp calumet baking powder
- 1 cup cranberries dried
- 1 eggs beaten
- 4 cups flour
- 1 cup nonfat yogurt plain
- 0.5 cup sugar
- 1 cup planters walnuts toasted chopped
- 1 cup water boiling

1 cup whipping cream

Equipment

bowl

baking sheet

oven

blender

Directions

Heat oven to 350F.

Add water to cranberries; stir.

Let stand 10 min. Meanwhile, mix flour, sugar and baking powder in large bowl.

Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.

Drain cranberries; discard liquid.

Add to flour mixture with nuts; mix well.

Add yogurt and cream; stir just until dry ingredients are moistened.

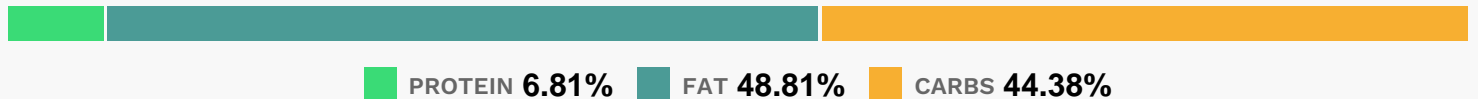
Divide dough into 3 pieces. Pat each piece into 6-inch round on floured surface; cut into 8 wedges.

Place, 2 inches apart, on baking sheet; brush with egg.

Bake 15 to 18 min. or until lightly browned.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:14.86, Inflammation Score:-4, Nutrition Score:6.0695652611878%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 233.17kcal (11.66%), Fat: 12.93g (19.9%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 25.3g (9.2%), Sugar: 9.09g (10.1%), Cholesterol: 18.23mg (6.08%), Sodium: 240.34mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Manganese: 0.32mg (16.17%), Calcium: 126.85mg (12.68%), Vitamin B1: 0.19mg (12.61%), Selenium: 8.59µg (12.27%), Folate: 45.46µg (11.36%), Phosphorus: 99.68mg (9.97%), Vitamin B2: 0.17mg (9.76%), Vitamin A: 411.11IU (8.22%), Iron: 1.35mg (7.48%), Vitamin B3: 1.33mg (6.67%), Copper: 0.12mg (5.83%), Fiber: 1.16g (4.64%), Magnesium: 16.06mg (4.01%), Vitamin E: 0.48mg (3.22%), Zinc: 0.45mg (3%), Vitamin B5: 0.25mg (2.55%), Potassium: 87.61mg (2.5%), Vitamin B6: 0.05mg (2.5%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.2µg (1.3%)