



Cream Scones

 Vegetarian

READY IN



32 min.

SERVINGS



18

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 0.5 cup butter (1 stick)
- ☐ 3 ounces cream cheese
- ☐ 2.5 cups flour all-purpose plus more for rolling dough
- ☐ 0.3 cup heavy cream for brushing
- ☐ 1 teaspoon orange zest
- ☐ 0.5 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 quart strawberries fresh
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 6 inch wooden skewers for 30 minutes
- ☐ 6 inch wooden skewers for 30 minutes

Equipment

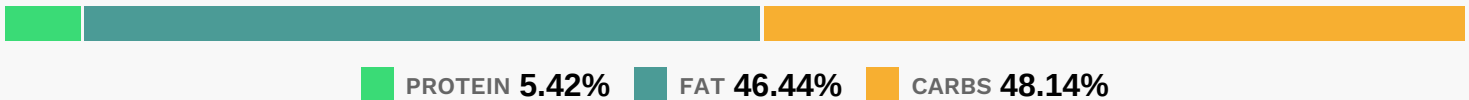
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- ☐ In a medium bowl, combine the flour, sugar, baking powder, and salt. Using a pastry blender, cut in the butter and cream cheese until the mixture is crumbly.
- ☐ Add the heavy cream, stirring just until the dry ingredients are moistened.
- ☐ Turn the dough out onto a lightly floured surface.
- ☐ Roll or pat the dough to 1-inch thickness.
- ☐ Cut the scones using a 2 1/2-inch round cookie or biscuit cutter.
- ☐ Place on the prepared baking sheet.
- ☐ Brush the tops with the remaining tablespoon cream and sprinkle with turbinado sugar.
- ☐ Bake until golden brown, about 12 minutes.

- ☐
- Preheat the grill to medium heat. Spray the grill rack with nonstick, nonflammable cooking spray.
- ☐
- In a small serving bowl, combine the sour cream, brown sugar, vanilla extract, and orange zest. Set aside.
- ☐
- Thread the strawberries evenly onto the skewers. Grill the strawberries until barely softened, about 1 minute per side.
- ☐
- Serve the skewered strawberries with the orange cream.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:14.84, Inflammation Score:-5, Nutrition Score:6.7426088180231%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 213.59kcal (10.68%), Fat: 11.16g (17.16%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 24.48g (8.9%), Sugar: 10.95g (12.17%), Cholesterol: 30.85mg (10.28%), Sodium: 173.63mg (7.55%), Alcohol: 0.25g (100%), Alcohol %: 0.29% (100%), Protein: 2.93g (5.86%), Vitamin C: 31.21mg (37.83%), Manganese: 0.33mg (16.33%), Folate: 45.99µg (11.5%), Selenium: 7.22µg (10.32%), Vitamin B1: 0.15mg (10.26%), Vitamin B2: 0.14mg (8.35%), Vitamin A: 372.2IU (7.44%), Vitamin B3: 1.26mg (6.28%), Iron: 1.11mg (6.15%), Fiber: 1.53g (6.13%), Calcium: 60.58mg (6.06%), Phosphorus: 60.07mg (6.01%), Potassium: 130.41mg (3.73%), Magnesium: 13.16mg (3.29%), Vitamin E: 0.44mg (2.93%), Copper: 0.06mg (2.78%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.04mg (2.14%), Vitamin K: 2.08µg (1.98%), Zinc: 0.28mg (1.86%)