



Double-Lemon Thumbprint Scones



Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.3 cups cup heavy whipping cream chilled
- ☐ 3 large optional: lemon
- ☐ 2 cups self raising flour
- ☐ 2 tablespoons strawberry jam ()
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ baking paper

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Position rack in center of oven and preheat to 425°F. Line large heavy-duty rimmed baking sheet with parchment paper. Finely grate enough peel from lemons to measure 6 teaspoons; set grated peel aside. Squeeze enough juice from 1 lemon to measure 1 tablespoon (seal remaining lemons in plastic wrap and reserve for another use).
- ☐ Whisk flour and 1/2 cup sugar in medium bowl to blend.
- ☐ Add 1 1/4 cups chilled whipping cream, 1 tablespoon lemon juice, and 4 teaspoons finely grated lemon peel; stir gently to combine.
- ☐ Gather dough together and turn out onto lightly floured work surface; knead briefly, 4 to 5 turns. Pat or roll out dough to 1-inch-thick round. Using 2 1/2- to 2 3/4-inch-diameter cookie cutter or biscuit cutter dipped in flour, cut out rounds. Reroll dough scraps and flatten to 1-inch thickness; cut out additional rounds.
- ☐ Transfer scones to prepared rimmed baking sheet, spacing scones about 1 inch apart. Using thumb, push down center of each scone to make deep indentation. Spoon about 1/2 teaspoon preserves into indentation of each scone.
- ☐ Whisk remaining 2 tablespoons sugar, 2 tablespoons heavy whipping cream, and 2 teaspoons finely grated lemon peel in small bowl to blend.
- ☐ Brush top of scones generously with lemon glaze.
- ☐ Bake scones until golden and cake tester inserted horizontally into center of scone comes out clean, 18 to 20 minutes.
- ☐ Transfer thumbprint scones to rack and cool slightly.
- ☐ Serve scones warm or at room temperature.
- ☐ Per serving: 313 calories, 15 g fat, 0.9 g fiber
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **6.55%**  FAT **39.48%**  CARBS **53.97%**

Properties

Glycemic Index:27.2, Glycemic Load:25.95, Inflammation Score:-5, Nutrition Score:5.9504347314005%

Flavonoids

Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 313.02kcal (15.65%), Fat: 14.11g (21.71%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 41.45g (15.07%), Sugar: 17.1g (18.99%), Cholesterol: 42.02mg (14.01%), Sodium: 13.2mg (0.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Vitamin C: 22.13mg (26.82%), Selenium: 13.86µg (19.8%), Manganese: 0.26mg (13.13%), Vitamin A: 556.19IU (11.12%), Fiber: 1.94g (7.76%), Vitamin B2: 0.1mg (6.06%), Phosphorus: 59.31mg (5.93%), Folate: 16.81µg (4.2%), Copper: 0.08mg (4.09%), Calcium: 40.89mg (4.09%), Vitamin D: 0.6µg (3.97%), Potassium: 126.57mg (3.62%), Vitamin E: 0.53mg (3.56%), Magnesium: 13.86mg (3.46%), Vitamin B1: 0.05mg (3.3%), Iron: 0.59mg (3.29%), Vitamin B5: 0.31mg (3.1%), Vitamin B6: 0.06mg (2.9%), Zinc: 0.38mg (2.56%), Vitamin B3: 0.38mg (1.89%), Vitamin K: 1.28µg (1.22%)