



## Double-Orange Scones with Orange Butter

READY IN



35 min.

SERVINGS



8

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 eggs slightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup mandarin orange segments drained chopped (from 11 oz-can)
- ☐ 0.3 cup milk
- ☐ 2 tablespoons orange marmalade
- ☐ 2 teaspoons orange zest grated
- ☐ 1 tablespoon sugar

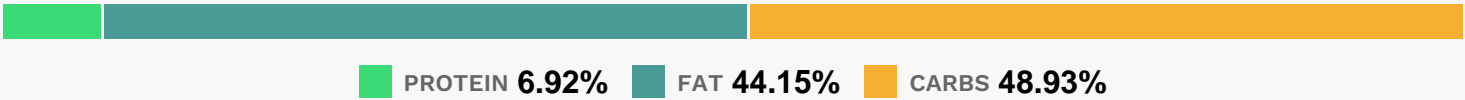
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Heat oven to 400°F. Lightly spray cookie sheet with cooking spray.
- ☐ In large bowl, mix flour, 3 tablespoons sugar, the baking powder and orange peel.
- ☐ Cut in 1/3 cup butter, using pastry blender or fork, until mixture looks like coarse crumbs.
- ☐ Add orange segments, milk and egg; stir with fork just until mixture leaves side of bowl and soft dough forms.
- ☐ Place dough on floured surface. Knead lightly 10 times. On cookie sheet, roll or pat dough into 7-inch round.
- ☐ Sprinkle with 1 tablespoon sugar.
- ☐ Cut into 8 wedges; separate slightly.
- ☐ Bake 15 to 20 minutes or until golden brown. Meanwhile, in small bowl, beat 1/2 cup butter until light and fluffy; stir in marmalade.
- ☐ Serve with warm scones.

## Nutrition Facts



## Properties

Glycemic Index:39.64, Glycemic Load:19.34, Inflammation Score:-6, Nutrition Score:6.7873912738717%

## Flavonoids

Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg

## Nutrients (% of daily need)

Calories: 253.88kcal (12.69%), Fat: 12.54g (19.29%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 30.12g (10.95%), Sugar: 6.26g (6.96%), Cholesterol: 21.38mg (7.13%), Sodium: 280.69mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Selenium: 12.49µg (17.84%), Vitamin B1: 0.26mg (17.41%), Folate: 62.46µg (15.62%), Vitamin A: 637.74IU (12.75%), Vitamin B2: 0.2mg (11.86%), Manganese: 0.22mg (11.05%), Calcium: 102.08mg (10.21%), Vitamin B3: 1.91mg (9.57%), Iron: 1.71mg (9.53%), Phosphorus: 85.73mg (8.57%), Vitamin C: 4.2mg (5.09%), Fiber: 1.15g (4.61%), Vitamin E: 0.55mg (3.66%), Copper: 0.06mg (2.97%), Vitamin B5: 0.29mg (2.91%), Magnesium: 10.89mg (2.72%), Potassium: 81.85mg (2.34%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.02%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.19µg (1.29%)