



## Dried Cherry-Lemon Scones

READY IN



30 min.

SERVINGS



10

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups flour all-purpose
- 0.3 cup sugar
- 2 teaspoons lemon zest grated
- 1.5 teaspoons cream of tartar
- 0.8 teaspoon baking soda
- 0.3 teaspoon salt
- 0.5 cup butter firm cut into 8 pieces
- 0.3 cup buttermilk
- 0.5 cup cherries dried

1 tablespoon milk

## Equipment

bowl

baking sheet

oven

blender

## Directions

Heat oven to 425°F. In medium bowl, mix flour, sugar, lemon peel, cream of tartar, baking soda and salt.

Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in enough buttermilk so dough leaves side of bowl and forms a ball. Stir in cherries.

On ungreased cookie sheet, drop dough by about 1/3 cupfuls about 1 inch apart.

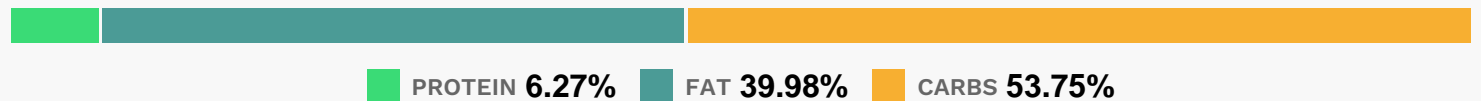
Brush with milk.

Sprinkle with additional sugar if desired.

Bake 10 to 15 minutes or until light brown. Immediately remove from cookie sheet.

Serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:21.41, Glycemic Load:17.44, Inflammation Score:-5, Nutrition Score:4.7573912833696%

## Nutrients (% of daily need)

Calories: 218.34kcal (10.92%), Fat: 9.71g (14.94%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 28.09g (10.22%), Sugar: 8.67g (9.64%), Cholesterol: 1.06mg (0.35%), Sodium: 258mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin B1: 0.2mg (13.48%), Vitamin A: 636.97IU (12.74%), Selenium: 8.83µg (12.62%), Folate: 46.32µg (11.58%), Manganese: 0.17mg (8.61%), Vitamin B2: 0.14mg (8.52%), Vitamin B3: 1.49mg (7.44%), Iron: 1.28mg (7.13%), Fiber: 1.29g (5.15%), Phosphorus: 38mg (3.8%),

Potassium: 119.57mg (3.42%), Vitamin E: 0.37mg (2.49%), Calcium: 24.31mg (2.43%), Copper: 0.04mg (1.98%),  
Magnesium: 6.89mg (1.72%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.22mg (1.43%)