



Dried Cranberry, Walnut, and Lemon Scones

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 cup butter unsalted diced chilled ()
- ☐ 0.5 cup half and half chilled divided ()
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 1 cup cranberries dried sweetened
- ☐ 0.5 cup walnuts coarsely chopped

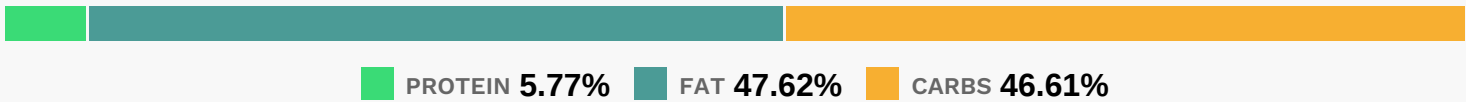
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Position rack in top third of oven; preheat to 375°F. Line baking sheet with parchment paper.
- ☐ Whisk 2 tablespoons sugar and 1 tablespoon lemon juice in bowl for glaze.
- ☐ Whisk flour, baking powder, lemon peel, salt, and 1 cup sugar in large bowl.
- ☐ Add chilled butter; using fingertips, rub in until coarse meal forms.
- ☐ Mix in cranberries and walnuts.
- ☐ Add 1/2 cup half and half and 1 tablespoon lemon juice. Toss with fork until dough comes together in moist clumps, adding more half and half if dough is dry. Gather dough into ball; divide in half. Press out each half on floured surface to 6-inch-diameter (1-inch-high) round.
- ☐ Cut each round into 6 wedges.
- ☐ Transfer to baking sheet; brush with glaze.
- ☐ Bake scones until golden and tester comes out clean, about 18 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:18.97, Inflammation Score:-4, Nutrition Score:7.1565218127292%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 300.69kcal (15.03%), Fat: 16.28g (25.04%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 34.07g (12.39%), Sugar: 10.05g (11.17%), Cholesterol: 34.03mg (11.34%), Sodium: 308.8mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Manganese: 0.41mg (20.4%), Vitamin B1: 0.27mg (17.86%), Selenium: 11.38µg (16.25%), Folate: 63.26µg (15.81%), Vitamin B2: 0.19mg (11.18%), Vitamin B3: 1.98mg (9.88%), Iron: 1.76mg (9.77%), Phosphorus: 86.58mg (8.66%), Calcium: 84.29mg (8.43%), Vitamin A: 391.62IU (7.83%), Fiber: 1.77g (7.07%), Copper: 0.13mg (6.67%), Magnesium: 16.77mg (4.19%), Vitamin E: 0.62mg (4.16%), Zinc: 0.43mg (2.9%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.24mg (2.36%), Potassium: 80.26mg (2.29%), Vitamin C: 1.79mg (2.17%), Vitamin K: 2.12µg (2.02%), Vitamin D: 0.21µg (1.42%)