



## Dried Cranberry, Walnut, and Lemon Scones

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 3 cups 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 teaspoon salt
- 2 tablespoons sugar
- 1 cup cranberries dried sweetened

0.5 cup walnut pieces 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



**PROTEIN 5.77%** **FAT 47.67%** **CARBS 46.56%**

## Properties

Glycemic Index:21.42, Glycemic Load:18.97, Inflammation Score:-4, Nutrition Score:7.0995651639026%

## 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: 300.46kcal (15.02%), Fat: 16.27g (25.04%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 34.05g (12.38%), Sugar: 10.03g (11.14%), Cholesterol: 34.03mg (11.34%), Sodium: 308.77mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Manganese: 0.41mg (20.4%), Vitamin B1: 0.27mg (17.84%), Selenium: 11.37µg (16.25%), Folate: 63.19µg (15.8%), Vitamin B2: 0.19mg (11.16%), Vitamin B3: 1.97mg (9.87%), Iron: 1.75mg (9.74%), Phosphorus: 86.52mg (8.65%), Calcium: 83.62mg (8.36%), Vitamin A: 391.37IU (7.83%), Fiber: 1.72g (6.86%), Copper: 0.13mg (6.64%), Magnesium: 16.7mg (4.17%), Vitamin E: 0.62mg (4.15%), Zinc: 0.43mg (2.89%), Vitamin B6: 0.05mg (2.52%), Vitamin B5: 0.23mg (2.35%), Potassium: 79.46mg (2.27%), Vitamin K: 2.12µg (2.02%), Vitamin D: 0.21µg (1.42%), Vitamin C: 1.14mg (1.38%)