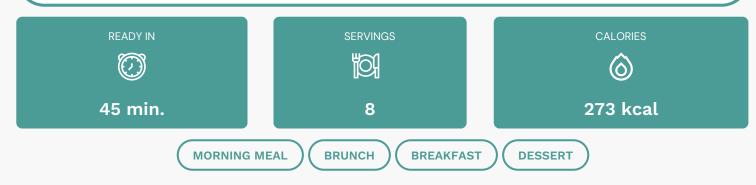


Dried Fruit and Ginger Scones

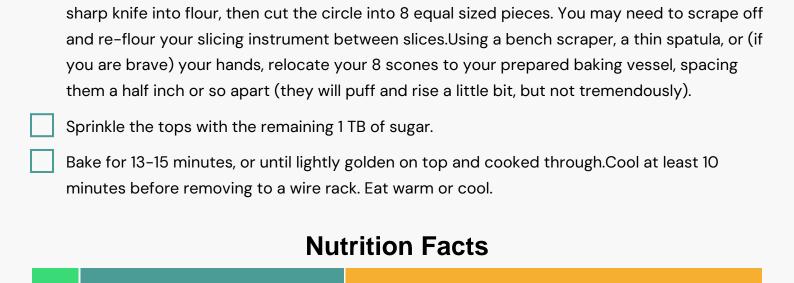


Ingredients

Ĺ	5 tbsp butter cut into cubes
	l cup cake flour
	0.3 cup candied ginger chopped
	0.3 cup apples dried
	0.3 cup cranberries dried chopped
1	l cup flour all-purpose
	0.3 cup cup heavy whipping cream
	0.5 tsp salt

1 tbsp double-acting baking powder

	4 tbsp sugar	
	0.8 cup milk whole	
Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	knife	
	whisk	
	wire rack	
	blender	
	spatula	
	pizza cutter	
	pizza stone	
	dough scraper	
Di	rections	
	Position a rack in the middle of your oven and preheat to 425F. If you will be baking on a pizza stone, put it in the oven to preheat as well. If you will be using a cookie sheet, line it with parchment paper and set it aside.	
	Whisk together the flours, baking powder, 3 TB of the sugar, and salt in a medium bowl.	
	Cut in the butter using a pastry blender, two knives, or your fingers, until the largest chunks of butter are the size of small peas.	
	Pour in the cream and milk (or just use all cream, if you have it) and mix it around with a fork until an evenly hydrated, extremely sticky dough forms.	
	Add the fruits and mix again until evenly distributed (you may have to work a bit to break up the ginger pieces).Dump the sticky mass out onto a well-floured board.	
	Sprinkle a little flour on top as well, then pat the dough out into a circle about 1-inch thick. Try not to add too much flour, lest they become dense and tough. Dip a pizza cutter or other thin,	



PROTEIN 6.62% FAT 36.24% CARBS 57.14%

Properties

Glycemic Index:43.88, Glycemic Load:17.2, Inflammation Score:-3, Nutrition Score:5.5908695652174%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.17mg, Quercetin: 0.17mg,

Nutrients (% of daily need)

Calories: 272.91kcal (13.65%), Fat: 11.08g (17.04%), Saturated Fat: 6.76g (42.28%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 38.06g (13.84%), Sugar: 14.97g (16.63%), Cholesterol: 30.23mg (10.08%), Sodium: 376.1mg (16.35%), Protein: 4.55g (9.11%), Selenium: 12.31µg (17.58%), Calcium: 129.53mg (12.95%), Manganese: 0.25mg (12.35%), Vitamin B1: 0.15mg (10.03%), Phosphorus: 95.83mg (9.58%), Folate: 34.31µg (8.58%), Vitamin B2: 0.14mg (8.26%), Vitamin A: 368.49IU (7.37%), Iron: 1.12mg (6.2%), Vitamin B3: 1.16mg (5.78%), Fiber: 1.23g (4.94%), Copper: 0.06mg (3.02%), Vitamin E: 0.45mg (3.01%), Magnesium: 11.9mg (2.97%), Vitamin B5: 0.27mg (2.66%), Potassium: 91.87mg (2.62%), Vitamin B12: 0.15µg (2.51%), Zinc: 0.37mg (2.49%), Vitamin D: 0.37µg (2.47%), Vitamin B6: 0.03mg (1.71%), Vitamin K: 1.39µg (1.32%)