



 1%
HEALTH SCORE

Dried Fruit and Ginger Scones

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

- 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

Directions

- 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,

sharp knife into flour, then cut the circle into 8 equal sized pieces. You may need to scrape off and re-flour your slicing instrument between slices. Using a bench scraper, a thin spatula, or (if you are brave) your hands, relocate your 8 scones to your prepared baking vessel, spacing them a half inch or so apart (they will puff and rise a little bit, but not tremendously).

- Sprinkle the tops with the remaining 1 TB of sugar.
- Bake for 13–15 minutes, or until lightly golden on top and cooked through. Cool at least 10 minutes before removing to a wire rack. Eat warm or cool.

Nutrition Facts



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: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 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%)