



Dried Pear and Cardamom Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter
- ☐ 1 cup pears dried chopped
- ☐ 1 large eggs
- ☐ 1 large egg white lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.1 teaspoon ground cardamom

- ☐ 1 teaspoon lemon rind grated
- ☐ 10 tablespoon buttermilk low-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, sugar, baking powder, salt, and cardamom in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine buttermilk, rind, vanilla, and egg in a medium bowl; stir in dried pears.
- ☐ Add buttermilk mixture to flour mixture, stirring just until moist (dough will be sticky).
- ☐ Turn the dough out onto a lightly floured surface. Dust top of the dough with 2 teaspoons all-purpose flour, and pat into an 8-inch circle.
- ☐ Cut dough into 8 wedges; arrange wedges 1/2 inch apart on a baking sheet coated with cooking spray.
- ☐ Brush egg white over wedges.
- ☐ Bake at 350 for 25 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:45.89, Glycemic Load:17.83, Inflammation Score:-3, Nutrition Score:8.6113043790278%

Nutrients (% of daily need)

Calories: 254.05kcal (12.7%), Fat: 5.65g (8.69%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 43.78g (15.92%), Sugar: 21.36g (23.73%), Cholesterol: 35.29mg (11.76%), Sodium: 330.68mg (14.38%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 5.79g (11.59%), Manganese: 0.56mg (27.75%), Selenium: 16.01µg (22.87%), Vitamin B1: 0.24mg (15.8%), Vitamin B2: 0.24mg (14.26%), Folate: 51.34µg (12.83%), Fiber: 3.17g (12.69%), Phosphorus: 118.87mg (11.89%), Iron: 2.1mg (11.65%), Vitamin B3: 2.12mg (10.59%), Calcium: 100.01mg (10%), Copper: 0.16mg (7.88%), Magnesium: 26.78mg (6.7%), Potassium: 219.53mg (6.27%), Vitamin K: 5.21µg (4.96%), Zinc: 0.62mg (4.14%), Vitamin B6: 0.08mg (3.76%), Vitamin A: 175.24IU (3.5%), Vitamin B5: 0.35mg (3.46%), Vitamin C: 2.09mg (2.54%), Vitamin E: 0.28mg (1.86%), Vitamin B12: 0.11µg (1.83%)