



## Meyer Lemon Cranberry Scones

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 large egg yolk
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 large eggs
- 16 servings crème fraîche
- 2 tablespoons lemon zest freshly grated (from 3 lemons; preferably Meyer)
- 1.3 cups cranberries fresh chopped
- 6 tablespoons butter unsalted cold cut into bits

- 1 cup cup heavy whipping cream
- 1 tablespoon double-acting baking powder
- 0.5 cup sugar fresh

## Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- aluminum foil
- peeler

## Directions

- Preheat oven to 400°F. and line a large baking sheet with parchment paper.
- With a vegetable peeler remove the zest from lemons and chop fine, reserving lemons for another use.
- In a food processor pulse flour, 1/2 cup sugar, baking powder, salt, butter and zest until mixture resembles coarse meal and transfer to a large bowl.
- In a small bowl toss together fresh cranberries and 3 tablespoons sugar and stir into flour mixture. If using dried fruit, add to flour mixture.
- In another small bowl lightly beat egg and yolk and stir in cream.
- Add egg mixture to flour mixture and stir until just combined.
- On a well-floured surface with floured hands pat dough into a 1-inch-thick round (about 8 inches in diameter) and with a 2-inch round cutter or rim of a glass dipped in flour cut out as many rounds as possible, rerolling scraps as necessary. Arrange rounds about 1 inch apart on baking sheet and bake in middle of oven 15 to 20 minutes, or until pale golden.
- Serve scones warm with crème fraîche or whipped cream. Scones keep, individually wrapped in plastic wrap and foil, chilled, 1 day or frozen 1 week.

# Nutrition Facts

PROTEIN 5.38% FAT 46.17% CARBS 48.45%

## Properties

Glycemic Index:14.82, Glycemic Load:15.34, Inflammation Score:-4, Nutrition Score:5.0700000472691%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 244.94kcal (12.25%), Fat: 12.85g (19.77%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 29.23g (10.63%), Sugar: 14.06g (15.62%), Cholesterol: 58.28mg (19.43%), Sodium: 166.4mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Selenium: 9.22µg (13.17%), Vitamin B1: 0.16mg (10.92%), Folate: 40.33µg (10.08%), Vitamin B2: 0.17mg (10.04%), Vitamin A: 457.19IU (9.14%), Manganese: 0.16mg (8.1%), Calcium: 75.28mg (7.53%), Phosphorus: 67.71mg (6.77%), Iron: 1.14mg (6.35%), Vitamin B3: 1.23mg (6.17%), Fiber: 1.11g (4.44%), Vitamin E: 0.58mg (3.85%), Vitamin D: 0.44µg (2.91%), Vitamin B5: 0.27mg (2.72%), Copper: 0.04mg (2.15%), Zinc: 0.29mg (1.96%), Magnesium: 7.77mg (1.94%), Potassium: 62.89mg (1.8%), Vitamin B12: 0.11µg (1.77%), Vitamin K: 1.82µg (1.73%), Vitamin B6: 0.03mg (1.64%), Vitamin C: 1.18mg (1.43%)