



Fresh Lemon-Blueberry Scones

READY IN



40 min.

SERVINGS



8

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.3 cups flour all-purpose
- 0.3 cup sugar
- 1 tablespoon lemon zest grated
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup butter firm
- 3 oz cream cheese softened
- 1 eggs
- 0.3 cup milk

- 0.8 cup blueberries fresh
- 1 serving juice of lemon
- 1 serving sugar

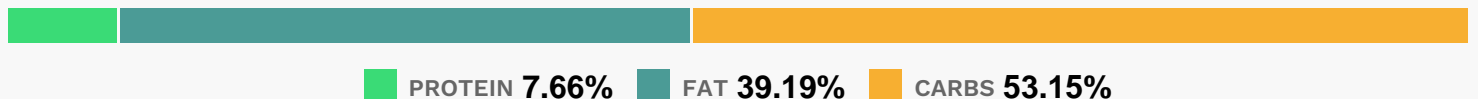
Equipment

- bowl
- frying pan
- oven
- wire rack
- blender

Directions

- Heat oven to 400°F. In large bowl, mix flour, 1/4 cup sugar, the lemon peel, baking powder and salt.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs.
- In small bowl, mix cream cheese and egg until smooth. Gradually stir in milk and blueberries. Stir cream cheese mixture into flour mixture until dough leaves side of bowl and forms a ball.
- Place about 1/3 cup dough in each wedge of ungreased divided scone pan.
- Brush with lemon juice.
- Sprinkle with sugar.
- Bake 20 to 22 minutes or until golden brown. Immediately remove from pan to cooling rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:26.08, Inflammation Score:-5, Nutrition Score:7.6460869519607%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 286.19kcal (14.31%), Fat: 12.54g (19.29%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 36.9g (13.42%), Sugar: 10.2g (11.33%), Cholesterol: 32.42mg (10.81%), Sodium: 313.9mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Selenium: 14.78µg (21.12%), Vitamin B1: 0.29mg (19.55%), Folate: 69.28µg (17.32%), Vitamin B2: 0.25mg (14.64%), Manganese: 0.29mg (14.52%), Vitamin B3: 2.16mg (10.82%), Vitamin A: 535.25IU (10.7%), Iron: 1.9mg (10.56%), Phosphorus: 96.49mg (9.65%), Calcium: 94.84mg (9.48%), Fiber: 1.37g (5.48%), Vitamin C: 3.06mg (3.71%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.37mg (3.67%), Copper: 0.07mg (3.31%), Magnesium: 12.18mg (3.05%), Zinc: 0.44mg (2.92%), Vitamin K: 3.05µg (2.91%), Potassium: 92.65mg (2.65%), Vitamin B6: 0.05mg (2.36%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.22µg (1.48%)