



Fresh Lemon-Blueberry Scones

READY IN



40 min.

SERVINGS



8

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup blueberries fresh
- ☐ 0.3 cup butter firm
- ☐ 3 oz cream cheese softened
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 8 servings juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 8 servings sugar

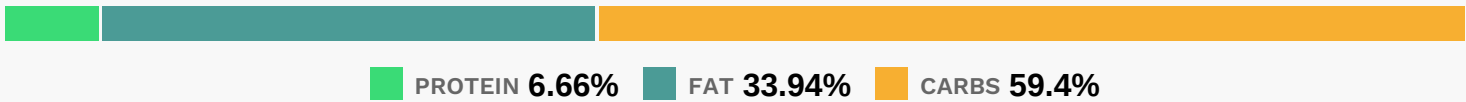
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:33.41, Inflammation Score:-5, Nutrition Score:8.0517391018246%

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: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 329.5kcal (16.48%), Fat: 12.61g (19.39%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 48.23g (17.54%), Sugar: 21.01g (23.34%), Cholesterol: 32.42mg (10.81%), Sodium: 314.14mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Selenium: 14.86µg (21.23%), Vitamin B1: 0.3mg (19.76%), Folate: 71.9µg (17.98%), Vitamin B2: 0.25mg (14.87%), Manganese: 0.29mg (14.62%), Vitamin B3: 2.18mg (10.88%), Vitamin A: 536.04IU (10.72%), Iron: 1.92mg (10.64%), Vitamin C: 8.14mg (9.86%), Phosphorus: 97.54mg (9.75%), Calcium: 95.73mg (9.57%), Fiber: 1.41g (5.63%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.57mg (3.81%), Copper: 0.07mg (3.45%), Magnesium: 12.97mg (3.24%), Potassium: 106.38mg (3.04%), Zinc: 0.45mg (2.97%), Vitamin K: 3.05µg (2.91%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.22µg (1.48%)