



## Ginger-Pecan Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 3 cups flour
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 0.5 cup ginger chopped ( 4 ounces)
- 1.5 teaspoons ground ginger
- 1.3 cups pecans toasted chopped
- 0.7 cup sugar

- 12 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- 1 teaspoon vanilla extract

## Equipment

- bowl
- oven
- whisk
- measuring cup

## Directions

- Preheat oven to 425°. Line large baking sheet with parchment.
- Whisk flour, 2/3 cup sugar, baking powder, ground ginger, 3/4 teaspoon salt, and baking soda in large bowl.
- Add butter; using fingertips, blend butter into flour until coarse meal forms. Toss in pecans and 1/2 cup crystallized ginger.
- Whisk 1 cup buttermilk, grated ginger, and vanilla in measuring cup. Form well in center of dry ingredients.
- Add buttermilk; stir with fork until moist clumps form.
- Transfer to lightly floured surface. Knead just until dough comes together; divide in half. Form each half into 6 1/2-inch disk.
- Cut each disk into 6 wedges.
- Transfer to sheet.
- Brush with 1 1/2 tablespoons buttermilk.
- Sprinkle with 1 tablespoon sugar and 3 tablespoons crystallized ginger; press to adhere.
- Bake scones until golden and toothpick inserted horizontally into center comes out clean, about 20 minutes. Cool scones on sheet on rack.
- Per serving: 371 calories, 20 g fat, 2 g fiber
- Bon Appétit

## Nutrition Facts



■ PROTEIN 5.69% ■ FAT 51.11% ■ CARBS 43.2%

## Properties

Glycemic Index:24.42, Glycemic Load:25.71, Inflammation Score:-5, Nutrition Score:8.9743478609168%

## Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

## Nutrients (% of daily need)

Calories: 350.85kcal (17.54%), Fat: 20.32g (31.26%), Saturated Fat: 8.31g (51.97%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 36.62g (13.32%), Sugar: 12.71g (14.13%), Cholesterol: 32.3mg (10.77%), Sodium: 175.49mg (7.63%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 5.09g (10.19%), Manganese: 0.8mg (40.16%), Vitamin B1: 0.33mg (21.94%), Selenium: 12.13µg (17.33%), Folate: 61.5µg (15.38%), Vitamin B2: 0.21mg (12.47%), Phosphorus: 108.29mg (10.83%), Iron: 1.93mg (10.7%), Vitamin B3: 2.05mg (10.27%), Calcium: 98.58mg (9.86%), Copper: 0.2mg (9.78%), Fiber: 2.02g (8.07%), Vitamin A: 389.1IU (7.78%), Magnesium: 25.03mg (6.26%), Zinc: 0.83mg (5.53%), Potassium: 129.71mg (3.71%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.47µg (3.13%), Vitamin B6: 0.05mg (2.63%), Vitamin B12: 0.12µg (1.93%), Vitamin K: 1.52µg (1.45%)