



Gingerbread Scones with Lemon Glaze

 Vegetarian

READY IN



23 min.

SERVINGS



8

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup milk 1% low-fat
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cranberries dried sweetened

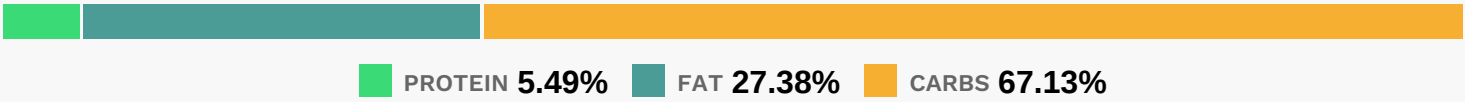
Equipment

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

Directions

- ☐ Preheat oven to 425
- ☐ . Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cranberries.
- ☐ Add milk and molasses, stirring with a fork (mixture will be very crumbly).
- ☐ . Turn dough out onto an unfloured surface, and knead until dry ingredients are moist. Pat dough into a 7-inch circle; cut into 8 wedges.
- ☐ Place wedges on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 minutes or until bottoms are lightly browned.
- ☐ . While scones bake, combine powdered sugar and lemon juice in a small bowl; stir well.
- ☐ Drizzle glaze over warm scones.
- ☐ Serve warm.
- ☐ Cut scones with a sharp chef 's knife coated with cooking spray.

Nutrition Facts



Properties

Glycemic Index:50.76, Glycemic Load:24.35, Inflammation Score:-4, Nutrition Score:7.0356520673503%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg 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 Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 265.45kcal (13.27%), Fat: 8.18g (12.58%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 43.9g (15.96%), Sugar: 20.14g (22.37%), Cholesterol: 20.83mg (6.94%), Sodium: 247.2mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Manganese: 0.47mg (23.4%), Selenium: 12.47µg (17.82%), Vitamin B1: 0.26mg (17.05%), Folate: 58.14µg (14.53%), Iron: 2.01mg (11.17%), Vitamin B2: 0.18mg (10.33%), Vitamin B3: 1.98mg (9.9%), Calcium: 97mg (9.7%), Phosphorus: 71.55mg (7.15%), Magnesium: 27.73mg (6.93%), Vitamin A: 256.63IU (5.13%), Fiber: 1.23g (4.93%), Potassium: 169.67mg (4.85%), Copper: 0.09mg (4.4%), Vitamin B6: 0.07mg (3.73%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.33mg (2.19%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.08µg (1.27%), Vitamin K: 1.13µg (1.08%)