



Gingered Carrot Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter cold cut into small pieces
- 0.5 cup buttermilk
- 1 cup carrots finely grated ()
- 2 tablespoons candied ginger diced
- 1 large eggs
- 1 egg whites with 2 teaspoons cold water (egg wash) beaten
- 1.5 cups flour all-purpose

- 0.8 cup rolled oats
- 1.5 teaspoons orange zest
- 0.5 teaspoon salt
- 0.3 cup sugar divided
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- baking sheet
- oven
- knife
- whisk

Directions

- Preheat oven to 425
- Mix together first 5 ingredients and 1/3 cup sugar.
- Add butter, and process in food processor until mixture resembles coarse meal.
- Add carrot and ginger, and pulse just until blended.
- Whisk together egg, buttermilk, and vanilla in a separate bowl until blended.
- Add to flour mixture, and pulse just until blended and slightly moist. (Dough will be sticky.)
- Transfer dough to a well-floured surface with well-floured hands. Divide in half, and pat each half into a 3/4-inch-thick circle. With a floured knife, cut each circle into 6 wedges.
- Place wedges on a lightly greased baking sheet.
- Brush top of each scone with egg wash, and sprinkle each with 1/4 teaspoon sugar.
- Bake at 425 for 15 minutes or until golden.
- Serve warm, or let cool completely, and store up to 2 days in an airtight container at room temperature.

Nutrition Facts

PROTEIN 7.5% FAT 42.01% CARBS 50.49%

Properties

Glycemic Index:33.74, Glycemic Load:14.42, Inflammation Score:-8, Nutrition Score:6.80652163858%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 190.2kcal (9.51%), Fat: 8.93g (13.74%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 22.89g (8.32%), Sugar: 7.97g (8.86%), Cholesterol: 36.94mg (12.31%), Sodium: 292.6mg (12.72%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.59g (7.17%), Vitamin A: 2058.39IU (41.17%), Manganese: 0.31mg (15.45%), Selenium: 9.05µg (12.93%), Vitamin B1: 0.16mg (10.69%), Folate: 35.16µg (8.79%), Vitamin B2: 0.14mg (8.43%), Calcium: 84.09mg (8.41%), Phosphorus: 82.76mg (8.28%), Iron: 1.17mg (6.49%), Vitamin B3: 1.11mg (5.53%), Fiber: 1.26g (5.04%), Magnesium: 14.04mg (3.51%), Zinc: 0.42mg (2.82%), Potassium: 96.15mg (2.75%), Vitamin B5: 0.27mg (2.73%), Copper: 0.05mg (2.71%), Vitamin E: 0.37mg (2.48%), Vitamin K: 2.26µg (2.15%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.21µg (1.42%), Vitamin C: 0.97mg (1.17%)