



## Glazed Lemon-Ginger Scones

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 2 cups powdered sugar
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated

☐ 0.5 teaspoon salt

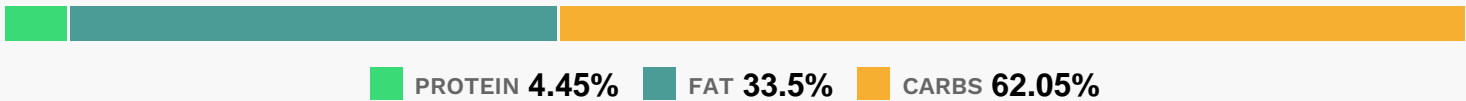
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ Preheat the oven to 375 and line a baking sheet with parchment paper. In a bowl, whisk the flour with the granulated sugar, baking powder, lemon zest and salt. Using a wooden spoon, stir in the cream and 2 tablespoons of the lemon juice; fold in the candied ginger.
- ☐ On a lightly floured work surface, gently knead the dough just until it comes together. Pat into a 9-inch round, a scant 1/2 inch thick.
- ☐ Cut the dough into 8 wedges and arrange them 1 inch apart on the prepared baking sheet.
- ☐ Bake the scones for 20 to 25 minutes, until slightly firm and lightly browned on the bottom, pale on top.
- ☐ Let cool for 5 minutes, then transfer to a rack to cool completely.
- ☐ In a medium bowl, whisk the confectioners' sugar with the remaining 2 tablespoons plus 2 teaspoons of lemon juice until the glaze is smooth.
- ☐ Drizzle the lemon glaze over the scones and let stand for 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.85, Glycemic Load:9.66, Inflammation Score:-2, Nutrition Score:3.0273913183938%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 174.89kcal (8.74%), Fat: 6.6g (10.15%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 27.08g (9.85%), Sugar: 16.2g (18%), Cholesterol: 20.17mg (6.72%), Sodium: 127.41mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Selenium: 5.4µg (7.71%), Vitamin B1: 0.11mg (7.65%), Folate: 27.08µg (6.77%), Vitamin B2: 0.11mg (6.26%), Vitamin A: 262.68IU (5.25%), Calcium: 49.78mg (4.98%), Manganese: 0.1mg (4.86%), Vitamin B3: 0.85mg (4.23%), Iron: 0.75mg (4.16%), Phosphorus: 38.95mg (3.9%), Vitamin D: 0.29µg (1.9%), Vitamin C: 1.55mg (1.87%), Fiber: 0.41g (1.64%), Copper: 0.02mg (1.2%), Magnesium: 4.72mg (1.18%), Vitamin E: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.12%), Potassium: 35.89mg (1.03%)