



Glazed Raspberry Heart Scones

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup raspberry jam seedless () (do not use)
- ☐ 0.3 teaspoon rosewater
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 5 tablespoons butter unsalted chilled cut into 1/2-inch pieces

☐ 1 cup whipping cream

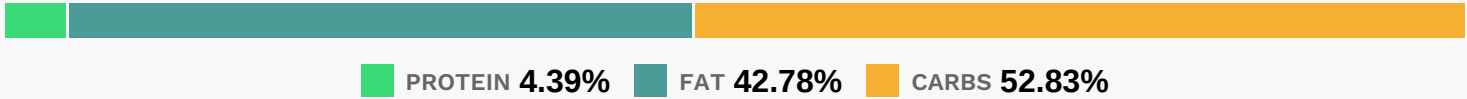
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 400°F.
- ☐ Mix flour, sugar, baking powder, and 1/2 teaspoon salt in large bowl.
- ☐ Add butter; rub in with fingertips until mixture resembles fine meal. Gradually add 1 cup cream, mixing until dough comes together. Turn dough out onto sheet of foil; pat to 1/2-inch thickness. Using 3-inch heart-shaped or round cookie cutter, cut out scones. Gather scraps; pat to 1/2-inch thickness and cut out additional scones. Using floured knife, start at point of each heart and cut horizontally halfway through scones; fill with 1 generous teaspoon jam (jam will show at edges).
- ☐ Transfer to baking sheet.
- ☐ Bake scones until brown, about 18 minutes.
- ☐ Transfer to rack; cool scones until slightly warm.
- ☐ Meanwhile, mix powdered sugar, remaining 3 tablespoons cream, and rose water in bowl to blend.
- ☐ Spread glaze over scones.
- ☐ Serve slightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:19.07, Inflammation Score:-4, Nutrition Score:4.3817391032758%

Nutrients (% of daily need)

Calories: 252.54kcal (12.63%), Fat: 12.12g (18.65%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 33.01g (12%), Sugar: 15.65g (17.39%), Cholesterol: 34.95mg (11.65%), Sodium: 177.15mg (7.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Selenium: 7.97µg (11.39%), Vitamin B1: 0.17mg (11.29%), Folate: 40.13µg (10.03%), Vitamin B2: 0.15mg (8.9%), Vitamin A: 437.33IU (8.75%), Manganese: 0.15mg (7.35%), Vitamin B3: 1.25mg (6.24%), Iron: 1.11mg (6.19%), Calcium: 58.84mg (5.88%), Phosphorus: 51.8mg (5.18%), Vitamin D: 0.4µg (2.7%), Fiber: 0.67g (2.67%), Vitamin E: 0.34mg (2.28%), Copper: 0.04mg (2.17%), Magnesium: 6.65mg (1.66%), Vitamin B5: 0.15mg (1.5%), Potassium: 50.17mg (1.43%), Zinc: 0.21mg (1.37%), Vitamin C: 0.95mg (1.15%), Vitamin K: 1.11µg (1.05%)