



## Gluten-Free Strawberry Lime Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 16 oz flour gluten free
- 0.3 cup granulated sugar
- 2 teaspoons double-acting baking powder gluten-free
- 1 teaspoon lime zest grated
- 0.5 teaspoon xanthan gum
- 0.5 teaspoon salt
- 0.3 cup butter cold cut in small pieces
- 0.8 cup strawberries fresh chopped

- 1 cup whipping cream
- 0.8 cup powdered sugar
- 1 teaspoons juice of lime fresh

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender

## Directions

- Heat oven to 425°F.
- In medium bowl, stir together flour blend, granulated sugar, baking powder, lime peel, xanthan gum and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Gently stir in strawberries. Stir in whipping cream just until moistened.
- On surface lightly sprinkled with flour blend, knead mixture 5 to 7 times to form dough. Pat into 3/4-inch circle.
- Cut dough into 8 wedges.
- Place wedges on ungreased cookie sheet.
- Bake 12 to 15 minutes or until golden brown.
- Let stand on cookie sheet 1 minute.
- Remove from cookie sheet to cooling rack. In small bowl, mix powdered sugar and lime juice until thin enough to drizzle.
- Drizzle over warm scones.
- Serve warm.

## Nutrition Facts



■ PROTEIN 6.2% ■ FAT 34.84% ■ CARBS 58.96%

## Properties

Glycemic Index:44.89, Glycemic Load:37.69, Inflammation Score:-6, Nutrition Score:10.532173960105%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 439.95kcal (22%), Fat: 17.12g (26.33%), Saturated Fat: 10.58g (66.12%), Carbohydrates: 65.18g (21.73%), Net Carbohydrates: 63.22g (22.99%), Sugar: 21.02g (23.36%), Cholesterol: 48.87mg (16.29%), Sodium: 312mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.71%), Vitamin B1: 0.45mg (30.32%), Selenium: 20.36µg (29.09%), Folate: 108.48µg (27.12%), Manganese: 0.44mg (22.02%), Vitamin B2: 0.35mg (20.31%), Vitamin B3: 3.42mg (17.12%), Iron: 2.84mg (15.79%), Vitamin A: 616.66IU (12.33%), Phosphorus: 105.97mg (10.6%), Vitamin C: 8.38mg (10.15%), Calcium: 91.22mg (9.12%), Fiber: 1.96g (7.83%), Copper: 0.09mg (4.67%), Magnesium: 16.79mg (4.2%), Vitamin B5: 0.35mg (3.5%), Vitamin E: 0.51mg (3.42%), Zinc: 0.5mg (3.31%), Potassium: 113.5mg (3.24%), Vitamin D: 0.48µg (3.17%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.92µg (1.83%)