



How to Make Pumpkin Scones

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



95 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose as needed
- ☐ 1 teaspoon milk
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup pumpkin puree

- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted cold cut into pieces
- ☐ 1 teaspoon sugar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pastry cutter

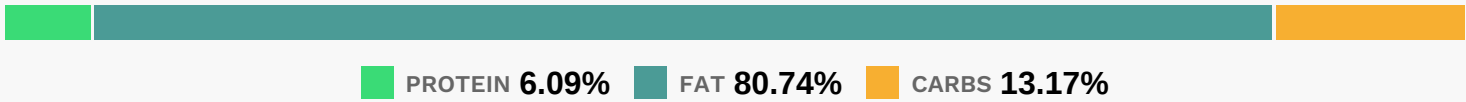
Directions

- ☐ Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or a silicone baking mat.
- ☐ Whisk together 1 3/4 cup flour, 1/4 cup sugar, baking powder, baking soda, and salt in a large bowl until combined.
- ☐ Mix butter into flour mixture using a pastry cutter until the mixture resembles coarse crumbs.
- ☐ Make a well in the center of the flour-butter mixture. Stir in pumpkin puree, buttermilk, and pine nuts until just combined.
- ☐ Sprinkle a work surface with 2 tablespoons flour. Turn out dough onto the floured work surface. Shape into a rectangle about 1 inch thick. Fold the rectangle in thirds, sprinkle with more flour as needed, and flatten to about 1 inch thick. Repeat 2 more times.
- ☐ Cut final rectangle into 6 equally-sized squares.
- ☐ Cut each square into triangles and transfer the scones to the prepared baking sheet.
- ☐ Whisk egg and milk together in a small bowl. Lightly brush the top of each scone with egg wash.
- ☐ Sprinkle 1 teaspoon sugar over scones.
- ☐ Bake in the preheated oven until golden brown, 15 to 20 minutes.

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Transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:4.7399999421576%

Nutrients (% of daily need)

Calories: 94.89kcal (4.74%), Fat: 8.87g (13.64%), Saturated Fat: 4.05g (25.28%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.17g (1.3%), Cholesterol: 29.47mg (9.82%), Sodium: 191mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin A: 1796.22IU (35.92%), Manganese: 0.36mg (17.78%), Calcium: 74.15mg (7.41%), Phosphorus: 63.42mg (6.34%), Vitamin E: 0.66mg (4.43%), Vitamin K: 4.18µg (3.98%), Magnesium: 13.6mg (3.4%), Copper: 0.07mg (3.39%), Iron: 0.59mg (3.25%), Vitamin B2: 0.05mg (3.03%), Selenium: 1.95µg (2.78%), Zinc: 0.35mg (2.33%), Vitamin B1: 0.03mg (2.07%), Fiber: 0.47g (1.88%), Vitamin D: 0.27µg (1.8%), Folate: 7.05µg (1.76%), Potassium: 61.34mg (1.75%), Vitamin B5: 0.15mg (1.49%), Vitamin B3: 0.29mg (1.44%), Vitamin B12: 0.08µg (1.29%)