



Huckleberry-Lemon Scones

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 6 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup half-and-half cream
- ☐ 0.8 cup .5 oz/185 g huckleberries fresh
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 teaspoon lemon zest

- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar white

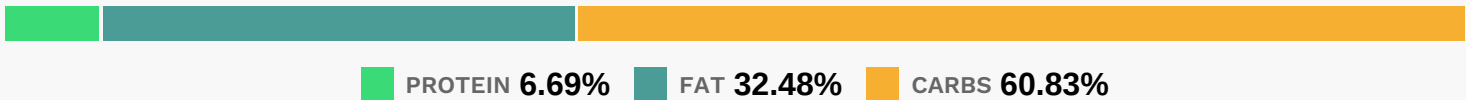
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Grease a baking sheet.
- ☐ Whisk together the flour, sugar, baking powder, and salt in a large bowl. Using a pastry blender, cut in butter and lemon juice until evenly mixed and slightly crumbly.
- ☐ Whisk together the eggs and half-and-half in a small bowl; add 3/4 teaspoons lemon zest with the egg mixture to flour mixture, and mix gently just until well blended and forming a dough. Fold in the huckleberries.
- ☐ Divide dough in half, and on a floured surface, shape each half into a ball, then flatten slightly.
- ☐ Cut each round into six wedges; place on prepared baking sheet.
- ☐ Bake in the preheated oven until tops are golden brown, about 12 minutes.
- ☐ Whisk together powdered sugar and lemon juice to make a glaze.
- ☐ Drizzle glaze on cooled scones.
- ☐ Sprinkle with remaining lemon zest for garnish.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:13.85, Inflammation Score:-3, Nutrition Score:4.6360869718635%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 202.91kcal (10.15%), Fat: 7.39g (11.37%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 30.55g (11.11%), Sugar: 13.27g (14.74%), Cholesterol: 44.68mg (14.89%), Sodium: 264.6mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Selenium: 9.68µg (13.84%), Vitamin B1: 0.17mg (11.44%), Folate: 43.01µg (10.75%), Vitamin B2: 0.16mg (9.39%), Calcium: 77.63mg (7.76%), Manganese: 0.15mg (7.28%), Iron: 1.27mg (7.04%), Phosphorus: 67.41mg (6.74%), Vitamin B3: 1.29mg (6.47%), Vitamin A: 250.33IU (5.01%), Vitamin C: 2.5mg (3.02%), Vitamin B5: 0.24mg (2.38%), Fiber: 0.58g (2.34%), Copper: 0.04mg (1.89%), Zinc: 0.28mg (1.85%), Vitamin E: 0.28mg (1.84%), Magnesium: 6.86mg (1.71%), Vitamin B12: 0.09µg (1.5%), Potassium: 48.75mg (1.39%), Vitamin B6: 0.03mg (1.38%)