



Lemon Blueberry Drop Scones

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.3 cup sugar
- 2 teaspoons double-acting baking powder
- 1 teaspoon lemon zest grated
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 1 cup yogurt
- 1 large eggs room temperature

- 0.3 cup butter melted
- 1 cup blueberries fresh
- 0.5 cup powdered sugar
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon zest grated

Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, combine the first 6 ingredients. In another bowl, combine the yogurt, egg and butter. Stir into dry ingredients just until moistened. Fold in blueberries.
- Drop by heaping tablespoonfuls 2 in. apart onto a greased baking sheet.
- Bake at 400° for 15–18 minutes or until lightly browned.
- Combine glaze ingredients; drizzle over warm scones.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:14, Inflammation Score:-2, Nutrition Score:4.105652153492%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Petunidin: 3.33mg, Petunidin: 3.33mg, Petunidin: 3.33mg, Petunidin: 3.33mg Delphinidin: 3.75mg, Delphinidin: 3.75mg, Delphinidin: 3.75mg, Delphinidin: 3.75mg Malvidin: 7.15mg, Malvidin: 7.15mg, Malvidin: 7.15mg, Malvidin: 7.15mg Peonidin: 2.14mg, Peonidin: 2.14mg, Peonidin: 2.14mg, Peonidin: 2.14mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg

0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg,
Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg
Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 151.52kcal (7.58%), Fat: 4.42g (6.81%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 25.29g (8.43%), Net
Carbohydrates: 24.53g (8.92%), Sugar: 10.91g (12.12%), Cholesterol: 24.28mg (8.09%), Sodium: 180.99mg (7.87%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Selenium: 7.64µg (10.92%), Vitamin B1: 0.15mg
(10.08%), Folate: 36.58µg (9.15%), Vitamin B2: 0.14mg (8.07%), Manganese: 0.16mg (7.98%), Calcium: 61.51mg
(6.15%), Phosphorus: 57.85mg (5.79%), Vitamin B3: 1.12mg (5.59%), Iron: 1mg (5.56%), Fiber: 0.76g (3.05%), Vitamin
A: 143.79IU (2.88%), Vitamin K: 2.42µg (2.31%), Vitamin B5: 0.22mg (2.21%), Vitamin C: 1.8mg (2.19%), Zinc: 0.3mg
(1.98%), Magnesium: 7.42mg (1.86%), Copper: 0.04mg (1.85%), Potassium: 62.02mg (1.77%), Vitamin B12: 0.1µg
(1.72%), Vitamin E: 0.22mg (1.43%), Vitamin B6: 0.03mg (1.3%)